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THE HAWAIIAN HOMEMAKER'S

Favorite


ISLAND RECIPES

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THE HAWAIIAN HOMEMAKER'S

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ISLAND RECIPES



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This collection of recipes is dedicated to
The Hawaiian Homemaker
 and her family, on all the islands and in
 all the communities that make up Hawaii.



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Meat

BARBECUE RULES TO FOLLOW

All meat should be at room temperature. Anything tough should be soaked in papaya juice or in pulp, skin and all. Don't worry about flavor, the papaya leaves none after cooking. If you like flavor, add it yourself. The flavor is the smoke of an open fire.

PLAIN BARBECUE STEAK

Salt and pepper, cut and almost burn the first side of steak black. Turn it over and broil 3 minutes for rare, 5 minutes for medium and 10 minutes for well done.

PORK RIBS KALIHI

Paint pork ribs with commercial barbecue sauce to taste. Let dry then cook on grill over *very* slow fire. Keep fire down always. When both sides are brown it's ready to eat.

BARBECUED MEAT, JAPANESE STYLE

Slice Island steak into small pieces, add a little chopped onion, garlic and grated ginger. Add shoyu, pepper, a pinch of ajinomoto—a Japanese seasoning, and a little sugar. Marinate for an hour and cook over a hot charcoal fire and serve.

TOKYO BROILED STEAK

2 lb. Island beef	1/3 cup shoyu
2 tbsp. or more fresh ginger, mashed	2/3 cup water
	3 tbsp. sugar

Cut 1/2 inch thick slice of sirloin, chuck or top round steak. Mash ginger root and put in a bowl. Add water and shoyu and add the steak. Add sugar and let stand covered in the bowl, marinating for 1 hour. Place the pieces of meat on the broiler rack and put some of the liquid into the broiling pan. While the meat is broiling, baste it with hot liquid. Pour over meat in serving platter. Serves 8.

KALUA ROAST

Put plenty of Hawaiian salt on 10 pound piece of pork roast. Wrap in plenty of banana leaves, cutting off most of stems. Then wrap in *ti* leaves. Cover your grill with *imu* stones about the size of two fists. Get these very hot. Put few banana leaves on top of the stones, place wrapped roast on top and cover with leaves and wet sacks. Block up draft entrance with dirt and let roast 5 hours.

LAULAU

3 lb. taro leaves or luau

2 lb. fairly lean pork

(pork butt is good cut)

1 lb. salt butterfish

Hawaiian salt

24 *ti* leaves

Cut pork and butterfish into 8 pieces each. Wash *ti* leaves carefully. Wash taro leaves and cut off stem and large part of veins from each leaf. Arrange *ti* leaves—3 to a *lau*—with one leaf crossing the other two so that you will have a good wrapping. Arrange taro leaves on *ti* leaves. Pack pork and butterfish on this and sprinkle with Hawaiian salt.

Wrap taro leaves around meat, put *ti* leaves and tie tightly. Cut off excess stalks and arrange on a rack in a large kettle with a tight cover. Add water and steam for 3 or 4 hours. Finally, put sweet potatoes on top of *lau*s for last 2 hours of cooking. Makes 8 *lau*s.

"Hawaiian Ono Ono" Barbecue Sauce

2/3 Cup "DIAMOND" Shoyu
1/3 Cup Pineapple Juice
1/4 Cup Sugar
2 Tablespoons "TAKARA" Sake
1/4 Cup Chopped-Round Onions
2 Tablespoons Crushed or
Grated Fresh Ginger
1/2 Clove Chopped Garlic
Red Pepper As Desired

NATURAL
BREWED
AND
AGED—



Ideal for Steak, Chicken, Shrimp—Marinate approximately one hour . . . broil. Broil or roast in oven or rotisserie . . . turn occasionally.

Try this new recipe—to enjoy a truly Hawaiian tropical taste and flavor by using all local ingredients to suit the Hawaiian palate. The "key" lies in the Diamond Shoyu base of the marinade. Diamond Shoyu is naturally brewed and aged for over a year.

**Diamond Shoyu is on sale at
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PIPI KAULA

(Jerked Beef)

3 1/2 lb. chuck, round or any

other Island steak

1/2 lb. cod fat or suet

1/4 cup shoyu

1/2 tsp. salad oil

1 or 2 cloves garlic,
crushed and chopped fine
water

1 handful Hawaiian salt

Bone steak, cut meat into 1 1/2 inch squares. Put salt into pan with 1/4 cup cold water and mix. Add shoyu, oil and garlic, and mix well. Add meat and fat. Let stand for 15 minutes before turning. Omit shoyu and garlic if not wanted. Soak for 1 hour, turning every 15 minutes. Tie the end of each strip with a string, and hang out in hot sun for 8 to 10 hours. It will then be ready to cook.



Place meat on a spider and cook over live charcoal fire or in oven broiler. If in the oven, have heat control set at broiler heat, place spider in a pan, 8 to 10 minutes will cook one side, then turn and cook the other side. Any unused meat may be kept in the ice box

to be cooked when wanted. The above mixture can also be used for broiling ribs or steaks.

CHOW SUB GUM MEIN

(Pork with Noodles)

1/2 lb. Island pork

1 green pepper

1/2 can pimentos

1 stalk celery

6 water chestnuts

1/2 cup bamboo shoots

12 white mushr

1 cup soup stock

3 tbsp. shoyu

salt

pepper

1 tbsp. cornstarch

fried noodles

Cut pork in small slices and fry in greased pan until done. Add all vegetables, sliced thin, except pimento. Add stock, shoyu, salt and pepper. Mix cornstarch in cold water. Add and leave on the fire until starch is cooked. Put fried noodles on a large plate and spread meat and vegetables all over noodles, garnish with pimento strips.

JAVANESE SATES

(Skewered Meat)

2 lb. lean Island pork

6 Brazil nuts, grated

2 tbsp. coriander seeds, ground

8 onions, grated

2 cloves garlic, finely chopped

1 tbsp. salt

3 tbsp. lemon juice

2 tbsp. brown sugar

4 tbsp. shoyu

1 tsp. pepper

1 hot red pepper, seeded

and minced

Marinate the pork, cut in cubes into the spice mixture. Spear on skewers and charcoal broil, basting with olive oil.

BARBECUED STEAK SANDWICHES

4 tbsp. catsup	2 tsp. worcestershire sauce
3 tbsp. vinegar	1/2 tsp. salt
2 tbsp. water	thin Island steaks
1 1/2 tbsp. butter, melted	

Combine all seasonings and heat to the boiling point, not beyond. Pour over steaks and let stand 15 minutes. Lift out steaks and arrange on grill, 2 inches from the hot coals. Broil quickly on one side (about 3 minutes), baste with barbecue sauce, and cook the other side. While steaks are broiling, spread bread slices lightly with butter, and add any remaining barbecue sauce that may be left. Put the hot steaks between the slices of bread and serve immediately.

BARBECUED APRICOT LAMB

2 lb. lean lamb or pork	3 tbsp. butter
2 large onions, chopped	2 cups apricot pulp
1/2 clove garlic, minced	1 tsp. salt
1/4 cup brown sugar	2 tbsp. curry powder
dash of cayenne	3 tbsp. vinegar

Cube meat. Brown onions and garlic in butter. Add apricot pulp, salt, cayenne, curry powder, vinegar and sugar. Simmer, adding water if necessary. Place in a bowl with meat cubes and marinate overnight. Drain meat and place on skewers. Grill on all sides on very hot charcoal fire. Serve with heated marinade as a sauce.

SHISH KEBAB HONOLULU

2 lb. lean lamb, cut in	1/2 tsp. black pepper
1 1/2 inch cubes	1/2 tsp. dried oregano
2 onions, sliced	1/2 cup sherry
2 tsp. salt	2 tbsp. salad oil

Mix meat and onions. Sprinkle with salt, pepper and herbs. Pour sherry and oil over all and let stand in refrigerator several hours, stirring often. String on skewers and broil over charcoal until well done. Serve with curried rice. Use shoyu for flavor if you wish.

MEAT ON A STICK

1 1/2 lb. Island beef, veal or lamb	1/2 cup onion, chopped
1 tsp. dry mustard	1/4 tsp. tumeric
1 tsp. chili powder	1 1/2 tsp. salt
1/2 tsp. ginger	1/2 tsp. coriander
1 cup shoyu	3-4 tbsp. lemon juice
1 tbsp. sugar	

Cut meat in 1 1/2 inch cubes. Combine other ingredients and pour over meat. Let stand 10 minutes. Put meat on split bamboo sticks. Broil until brown for a typical Island treat.

ISLAND SHASHLIK

(Skewered Meat)

2 lb. boned leg of lamb	1/4 cup water
1 large onion, chopped	1/4 tsp. ground cloves
1 clove garlic, chopped	1/4 tsp. cinnamon
3/4 cup vinegar	salt and pepper
12 large mushrooms	1/2 cup red wine
onions, quartered	

Cube meat and soak 6 hours in marinade made up of the rest of ingredients, except mushrooms. Drain and thread on skewers with onions and mushrooms. Grill and serve with fluffy rice. Shoyu over the rice gives the whole dish a typical Island taste.

MUTTON CHOPS KAILUA

2 tbsp. butter, melted	1/4 tsp. pepper
dash worcestershire sauce	2 tbsp. brandy
1/4 cup mango chutney	6 thick mutton chops
1 tbsp. lemon juice	1/2 cup currant jelly
1 tsp. dried mint	

Blend marinating mixture in saucepan, pour hot over mutton chops. Let stand at least 6 hours. Drain, and broil chops until brown on both sides. Add currant jelly and mint to marinade, heat and serve as a sauce.

KIDNEYS ON SKEWERS

2 veal or lamb kidneys	1 small onion, grated
4 strips of bacon, cut in squares	1 tsp. salt
1/2 cup red wine	1/2 tsp. coarsely ground pepper
1/4 cup salad oil	1/2 tsp. dry mustard
dash of cayenne	

Cut kidneys in inch cubes, removing all membranes, soak in cold salted water 15 to 30 minutes. Drain and arrange on skewers, alternate with bacon. Mix rest of ingredients in shallow dish, lay the skewered kidneys in it, and let stand half an hour or longer, turning occasionally. Remove from sauce and broil slowly until browned, turning and basting frequently with remaining sauce. Serves 4.

BARBECUED RIBS

3 lb. Island spareribs	1/2 cup catsup
1 medium onion, chopped	1/2 cup water
1/2 cup celery, chopped	1/4 cup vinegar
3 tbsp. salad oil	1 tbsp. worcestershire sauce
1 tbsp. sugar	2-3 drops tabasco sauce
1 tsp. dry mustard	1 clove garlic
salt and pepper	thin lemon slices
1 tsp. paprika	onion slices

Place ribs in shallow baking pan. Saute onion and celery in hot oil until soft. Add remaining ingredients and mix thoroughly. Pour sauce over ribs. Alternate slices of onion and lemon on top of ribs. Bake at 350° F. for 2 hours. Baste ribs every half hour. Serves 6.

For added flavor rub meat well with liquid barbecue smoke or Hawaiian salt.

SHOYU BEEF & ONION

Fry Island chopped steak with sliced onions. When onions are brown, pour shoyu over all. Take off immediately and serve in one dish. Use chopsticks to eat this Island favorite. Good with boiled white rice.

HAWAIIAN-ITALIAN RAVIOLI

FILLING:

1 set of brains	1 1/2 cups chopped cooked meat
1 large can spinach	(veal or chicken or pork, use
8 eggs, beaten lightly	more if you like it more meaty)
8 tbsp. olive oil	2 cloves garlic
1 1/2 cups sharp cheese, grated	1 tsp. salt
2 cups bread, grated	1 tsp. pepper

Boil brains for 10 minutes, remove all skin tissue and chop fine. Mix together all ingredients.

PASTE:

2 cups flour	1 egg
1 tbsp. olive oil	water to make dough

Beat egg and olive oil together and add the water and mix with flour. Knead well until light and let set for 1/2 hour before rolling. Roll out a large thin square of dough and put a dessert spoonful of filling along the edge of dough about 3 inches back and every 2 inches apart and flip the edge of the dough over these islands of filling. Press the dough between and cut with a glass which, being a little dull, presses them tightly together so in the boiling, they won't separate. They will be half circles when cut out. Boil 15 minutes, drain in colander.

GRAVY:

chicken or meat	1 small can tomato sauce
3 strips bacon, diced	1 small can mushroom sauce
3 tbsp. olive oil	1 tsp. cinnamon
onion, chopped	1/8 tsp. cloves
water	1/4 tsp. thyme
1/2 cup parsley, chopped	rosemary
2 stalks celery, chopped fine	salt and pepper to taste
cheese	

To make the gravy use either a chicken (fricassee), small roast or meat balls. Brown in frying pan in a mixture of oil and bacon fryings. Add chopped onion and a little water and cook about 1/2 hour, then add parsley, celery, tomato and mushroom sauces, cinnamon, cloves,

thyme and good pinch of rosemary. Finally, add salt and pepper. Add a little more water if necessary so that you have enough gravy, and thicken with flour or cornstarch to make it the right consistency.

When the ravioli is cooked and drained, place a layer of ravioli on a platter, cover lightly with gravy and sprinkle generously with grated cheese; repeat till you have about 3 layers, topping with lots of cheese.

SUKIYAKI OR HEKKA

(Japanese Stew)

2 lb. Island tenderloin beef or	3 tbsp. sake
chicken	3 tbsp. sugar
1 1/2 cup shoyu	dried mushrooms, soaked & sliced
1 cup sugar	2 bunches green onions, cut in
1 can Japanese bamboo shoots	1 inch pieces

Slice beef thin or cut chicken into small pieces. Slice bamboo shoots and mushrooms. Cut green onions—this includes the tops—and soaked mushrooms into 1 inch pieces and thin slices. Heat pan and put in some beef or chicken fat. Then put in enough meat to fill half of the pan. Stir with fork or chopstick to keep from sticking. Put in sake, sugar and 6 tablespoons shoyu and mix well with meat. When liquid begins to boil, and meat is done, put it on one side of the pan. Put in mushrooms, bamboo shoots and onions. Since vegetables require very little cooking, do not put in too much at a time. Cook for 10 minutes. More meat, vegetables, sugar and shoyu should be added from time to time. Do not allow the sukiyaki to burn. If it begins to dry out, add a little water and additional sake, sugar and shoyu.

Sukiyaki or hekka is served with rice, a green salad and a pickled vegetable. Tea is served at the end of the meal.

ANOTHER SUKIYAKI RECIPE

with four tablespoons sugar. When this is hot add meat and stir until all is hot. Then add a can of *sukiyaki-notomo* (which can be bought from Japanese grocers), add sliced green onions, tops and all. Eat while cooking from the pan. If too salty, add water.

KAU YUK

(Pot Roast Pork)

3 lb. Island pork (bally)	1/2 cup sugar
1 can Chinese red bean sauce	3 cup peanut oil
salt, pepper and cloves to taste	

Put peanut oil in a pot which has been heated. Brown only the crust of pork. Mix sauce and sugar with a little water and let it soak well into the pork. Cover and let cook on medium fire for two hours.

BEEF WITH PICKLED CHINESE CABBAGE

1 lb. Island beef, sliced thin shoyu to taste
 green ginger, chopped 2 tbsp. sugar
 Chinese pickled cabbage 1 tsp. Chinese salt beans (tow see)

Place thinly sliced beef in frying pan and fry in peanut oil. Add chopped ginger. Soak, rinse and clean cabbage in cold water; use mostly the stems cut into thin slices. Add to meat with water, shoyu, sugar and tow see. Thicken before serving.

ARROZ CALDO, GOTO

(Rice with Tripe)

1 cup rice 2 tbsp. patis (fish seasoning)
 1 small onion 2 cloves garlic
 2 cups boiled goto (tripe) 2 stalks onion leaves
 1 pinch pepper



Clean the *goto* and cook until tender for this Portuguese addition to the menu. Saute, together, the garlic, onion and the rice. Add the liquid in which the *goto* was cooked. Cook the rice to porridge consistency, then add the *goto* and the *patis*. Fry more garlic till golden brown and sprinkle on each serving with finely shredded onion leaves and pepper. Tastes specially good served with a tossed green salad, with French dressing.

'BURGER-NOODLE

14 oz. (1 pkg.) egg noodles 1 small ginger, grated
 1 lb. Island round steak, ground 1 clove garlic, sliced
 2 cups shoyu sugar
 ajinomoto

Cook egg noodles according to directions on package. Fix ground steak as you would plain hamburgers and shape into tiny balls. Place meat balls in large bowl and add shoyu, grated ginger, garlic, a pinch of ajinomoto and sugar. Marinate for 1/2 hour. Cook meat balls in sauce until well done. Place thoroughly drained noodles on platter. Arrange meat balls and sauce over noodles. Garnish with watercress. Serves 6.

WIKIWIKI (QUICK) SEA SALAD

7 oz. (1/2 pkg.) shell 1 can diced carrots
 macaroni 2 celery stalks
 1 can crab or lobster 1/2 cup mayonnaise

Cook shell macaroni according to directions on package. Chill. Add crab or lobster, diced carrots and chopped celery to shell macaroni and mix with mayonnaise. Season to taste. Serves 6.

SWEET-AND-SOUR SPARERIBS

3 large peppers 2 tbsp. flour
 3/4 cup oil 1/2 tsp. salt
 1 tsp. salt dash of pepper
 1 clove garlic 2-3 lb. Island spareribs

Cut peppers in six pieces each and cook in boiling water until almost tender (about 8 minutes). Dice garlic, and heat in a 10-inch frying pan together with 1 teaspoon salt and the oil or fat. Make a batter by beating together the egg, flour, salt and pepper. Pour batter over spareribs and mix lightly until every rib is coated. Put ribs in the frying pan and brown over a moderately hot flame until golden brown (about 5 minutes on each side). Pour out all but 1 tablespoon of oil. Add:

1/3 cup chicken bouillon 4 slices canned pineapple, cut in
 cooked green peppers 6 pieces

Cover the pan tightly and cook over a very low flame for about 10 minutes. Blend together and add:

2 1/2 tbsp. cornstarch 1/2 cup sugar
 2 tsp. shoyu 3/4 cup chicken bouillon
 1/2 cup vinegar

Stir constantly until juice thickens, and the mixture is very hot, about 5 minutes. Serve immediately with hot, boiled rice.

SHANGHAI CORNED BEEF

1 can corned beef 1 tsp. salt
 1 medium round cabbage 2 tbsp. shoyu
 1/2 cup water

Cut the cabbage into strips, not too small. Fry in peanut oil into which 1 teaspoon salt and shoyu have been added. When almost done add the corned beef with water. Cover and cook for 5 minutes. When ready to serve, add the following gravy:

2 tbsp. flour 1 tbsp. sugar
 1 green onion 2 tsp. shoyu

Use enough water to make a thick batter. Add this to the corned beef and cook for three minutes.

MEAT (OR FOWL) WITH EGGPLANT

Cut up Island pork, beef or fowl, or use hamburger, and cook with a little water and shoyu. Cut up eggplant with the skin on and cook with the meat until tender. Add a little sugar if desired.

VEAL PARMIGIANA A LA OAHU

6 Island veal cutlets	salt and pepper
1 egg, beaten	3 tbsp. parmesan cheese
¾ cup bread crumbs	1 cup tomato sauce
	mozzarella cheese

Have butcher pound veal thin. Dip pieces in beaten egg seasoned with salt and pepper, then in a mixture of bread crumbs and parmesan. Saute the cutlets in hot olive oil until they are golden brown. Put them in a shallow baking pan. Pour tomato sauce over them, top with thin slices of mozzarella cheese, and sprinkle with a little parmesan. Bake in a moderate oven for about 15 minutes, or until cheese melts and browns.



GROUND LAMB NEW DELHI

2 large onions	1 fresh tomato, chopped
2 lb. ground lamb	1 bunch Chinese parsley
1 tbsp. salt	1 tsp. caraway
2 tbsp. coriander	½ tsp. crushed cardamom

Brown onions in oil or butter. Add lamb and cook covered for ½ hour on low heat. Add salt and coriander and cook uncovered until water evaporates, stirring often. Add tomato, parsley, caraway and cardamom, heat through and serve.

ISLAND CURRY

1 coconut, grated	3 cloves garlic
1 quart milk	small piece of ginger
4 tbsp. butter	2 large onions
2 tbsp. curry powder	2 tbsp. flour

Cook coconut and milk in double boiler on low heat for an hour. Cook together for 5 minutes, butter, curry powder and flour. Add the sliced garlic, onions and ginger and cook for ½ hour. Mix all together and cook over water for at least 3 hours. Strain. No salt should be added until just before serving. A cup of cream added just before serving is a compliment to the curry.

Use chicken, veal, lamb, fish, lobster or shrimp in the sauce. Always serve this with rice and the usual condiments: chopped nuts, fresh grated coconut, chutney, quartered limes, pineapple pickle, chopped crisp bacon, chopped hard-boiled egg, shredded dried fish or shrimp, chopped green onions and diced fresh pineapple.

TERUYAKI (MARINATED) RABBIT

(Oven Barbecued)

1 rabbit	½ cup shoyu
1 tbsp. flour	1 clove garlic, crushed
2 tbsp. sugar	small piece ginger,
1 tsp. dry mustard	paled and crushed
	¼ cup shortening

Clean and cut rabbit into serving pieces. Marinate for an hour with other ingredients. Brown rabbit in hot fat and place in an oiled baking pan. Bake at 350° F. for one hour. Serves 6. You may broil *teruyaki* rabbit by arranging rabbit in a shallow broiling pan and placing in the oven 8 inches below heating unit. Broil, baste and turn frequently for 45 minutes.



BEEF-TOMATO

BEEF AND SEASONING:

1 lb. Island round steak	1 tbsp. cornstarch
1 tbsp. shoyu	1 tsp. sugar
1 tbsp. sherry	1 clove garlic, crushed
1 tsp. oil	¼ inch slice ginger, crushed

Slice beef thinly into bite-size pieces. Add remaining ingredients and let stand 15 or 20 minutes.

VEGETABLES:

4 fresh tomatoes, in wedges	1 large green pepper in strips
1 small onion, sliced	2 stalks celery, sliced diagonally

GRAVY:

1 cup water or soup stock	½ tsp. sherry
1 tbsp. cornstarch	⅛ tsp. ajinomoto
2 tsp. shoyu	2 tsp. salt
	2 tsp. brown sugar

Combine all gravy ingredients. Stir. Saute beef in 2 tablespoons peanut or vegetable oil. Remove from pan. Heat 1 tablespoon oil in same pan. Saute onions, celery and pepper. Add ½ teaspoon gravy to vegetable. Stir frequently until onion is soft. Add tomatoes, gravy and beef at the same time. Stir to blend ingredients and cook only until gravy thickens. Do not overcook tomatoes.

PORK-BEAN SPROUTS, HARM HA

Slice some Island pork and fry in peanut oil for fifteen minutes, add 1 tsp. *harm ha* (Chinese Shrimp Sauce); cook a little longer, add bean sprouts, cook for ten minutes more, and serve. To clean sprouts, soak in cold water and pick off all green hoods, keep in water till ready for pot, then drain; put into pot and cook.

This is a spicy dish, but excellent either with other Chinese dishes or served just with boiled rice.

PINEAPPLE SPARERIBS

4 lb. Island spareribs, cut in 2 qt. water
1½ to 2 inch pieces ½ cup vinegar

Add vinegar to boiling water. Add ribs; cover until water begins to boil again; uncover and simmer 15 minutes. Drain. Cool. Make a paste of this and coat ribs with it.

1 cup cornstarch ¼ cup dark molasses
¼ cup shoyu

Fry ribs in deep hot fat (375° F.) until dark brown. Keep fat very hot while cooking ribs. Use large pan and fry only a few minutes. Set aside until ready to glaze with following syrup:

½ cup cane syrup 1½ green peppers, cut in
¾ cup vinegar inch cubes
¾ cup water No. 2½ can sliced pineapple,
¾ cup pineapple syrup cut in 1½ inch pieces

Combine ingredients in large pan and heat to boiling. Add meat to hot syrup, cover and simmer 30 minutes until meat is glazed and tender. Add green peppers and pineapple. Excellent when served with any other Chinese dishes, with boiled or fried rice.

TERUYAKI (MARINATED) HAMBURGER

TERUYAKI SAUCE:

½ cup shoyu 1 tsp. ginger, grated
1 clove garlic, crushed 3 tbsp. sugar

HAMBURGERS:

1 lb. Island ground beef ¼ cup onion
1 egg ½ tsp. salt
¼ cup dry bread crumbs ½ tsp. pepper
2 tbsp. teruyaki sauce pinch of ajinomoto

Combine all ingredients for sauce. Combine hamburger ingredients and form meat around wooden skewers. Soak patties in sauce for one hour. Place on a broiler grill and broil for about 5 minutes on each side, each side.

MARINATED ROAST

Island pork or beef roast ½ tsp. cinnamon
3 large cloves garlic, crushed ¼ tsp. pepper
1 tsp. allspice ½ cup vinegar
2 tsp. salt ½ cup water



Place roast in large bowl. Add garlic, allspice, salt, cinnamon, pepper, vinegar and water. Turn roast several times to coat completely. Let it stand at room temperature overnight. Drain on cake cooler and place in uncovered roaster which has been rubbed with drippings. Roast in oven preheated at 350° F. till done. Add peeled, raw potatoes during last hour of cooking.

SHIN SU LO

(Korean Festival Dish)

¼ lb. boneless chicken, sliced thin 3 eggs
¼ lb. Island pork, sliced thin ½ cup flour
⅓ lb. Island round steak, sliced thin ½ tsp. garlic, finely chopped
⅓ lb. Island round steak, ground 1½ tbsp. shoyu
¾ cup turnips, sliced thin 2 tsp. green onion, finely chopped
¾ cup bamboo shoots, sliced thin 2 tsp. white sesame seed,
6 dried or ½ cup canned browned and pulverised
mushrooms, sliced thin ½ tsp. sugar
½ cup English walnuts ½ cup sesame or salad oil
¼ lb. water chestnuts, cooked ¼ tsp. black pepper
14 dried red dates, if desired ½ bunch green onion with tops
1½ cup meat stock, seasoned cut in 1½ inch pieces
with shoyu and pepper ½ bunch watercress

Use only tender portion of watercress. Boil watercress in water until tender, drain and cut into 1½ inch pieces. Dip several pieces in batter made of 2 eggs and ½ cup flour and fry in small amount of oil until golden brown. Remove and cut into diamonds an inch large. Cut pork into thin slices, dip in egg batter, fry and cut in same manner.

Season ground meat with half of the garlic, shoyu, chopped onion, sesame seed, sugar, pepper and 1 teaspoon sesame oil. Make into flat cakes the size of a half dollar and a few balls ½ inch in diameter. Dip cakes in egg batter and fry in oil. Mix remaining garlic, shoyu, sesame seed, sugar, pepper, and 1 teaspoon oil with sliced round steak.

Soak dried dates and mushrooms in water for an hour, drain and cut into very thin slices. Beat yolk of 1 egg slightly and fry in a very thin layer in slightly oiled frying pan. Fry egg white in same manner. Remove and cut fried egg in 1-inch diamonds.

Arrange ingredients in *sin sun lo* brazier with raw meat on bottom and other ingredients in layers. Garnish with diamonds of egg, green onions and meat balls. Pour hot soup stock over this until bowl is

two-thirds full. Cover and fill center of brazier with pieces of burning charcoal. Charcoal may be heated on range and transferred to brazier after it starts to burn. Cook 10 minutes and serve hot. After serving, brazier may be refilled with remaining ingredients. This dish may be prepared over electric grill.

BOILED CHORIZOS

(Portuguese Sausage)

Bring water to boil. Put in *chorizos*; cook 10 minutes. Drain off, chop *chorizos* and sprinkle salt. Excellent when served with eggs, fried or scrambled, or with boiled or fried rice, or hash-browned potatoes.

FRIED CHORIZOS

Slice sausage $\frac{1}{2}$ inch thick, cook in covered frying pan for 15 minutes over slow fire. Serve with little catsup. Excellent when served with eggs, fried or scrambled, or with boiled or fried rice, or hash-browned potatoes.

PORTUGUESE SAUSAGE DISHES

SAUSAGE-CABBAGE DINNER

Boil one whole Portuguese pork sausage in 3 cups water for 15 minutes. Add large chunks of head cabbage, halved potatoes and 2-inch pieces of carrots. Cook till vegetables are tender. Serve with rice or French bread.

PORTUGUESE SAUSAGE OMELET

Cut sausage into thin slices, discarding skin. Break three eggs into a bowl, add about $\frac{3}{4}$ cup sausage slices, and 2 tablespoons undiluted evaporated milk. Beat for a few minutes with fork and fry in two tablespoons hot butter.



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PORTUGUESE FRIED SAUSAGE WITH EGGS

Have sausage at room temperature before frying. Place in heavy cold skillet, add $\frac{1}{4}$ cup cold water, cover and let steam until water evaporates. Add 1 tablespoon shortening, cover and let fry over low heat for about 30 minutes, turning sausage from time to time to fry evenly on both sides. Drain off fat as it accumulates. Serve with fried eggs, plain omelet or scrambled eggs and French fries.

PORTUGUESE SAUSAGE WITH FRIED BEANS

For a quick lunch serve sausage with canned baked beans which have been fried in bacon drippings and to which have been added 3 tablespoons catsup. Serve with hot rolls or biscuits.

WOR MEIN

(Noodle Soup)

1 lb. Island pork, small slices	6 white mushrooms, halved
$\frac{1}{2}$ cup celery, chopped fine	pepper and salt to taste
1 dry onion, cut small	1 tbsp. cornstarch
$\frac{1}{2}$ cup bamboo shoots, sliced thin	boiled noodles

Fry meat in a hot greased skillet until brown. Add celery and onion and cook for 10 minutes. Add mushrooms and bamboo shoots, pepper and salt, and cook about 10 minutes. Mix cornstarch in cold water, add and stir constantly until it comes to a boil. Serve over boiled noodles and garnish with sliced, cold hard eggs and slivers of roast pork or ham.

BEEF CHOP SUEY

1 lb. lean Island beef, small pieces	$\frac{1}{2}$ lb. bean sprouts
$\frac{1}{2}$ cup celery, chopped fine	4 tbsp. shoyu
1 onion, sliced	salt and pepper to taste
1 tbsp. cornstarch	

Fry meat in a hot greased skillet until brown. Add celery and onion and cook for 10 minutes. Add bean sprouts, shoyu, salt and pepper. Cook 8 minutes. Mix cornstarch in cold water and put into chop suey, stirring constantly until it comes to a boil again. Serve with rice.



HAMBURGER—TOFU

Put shoyu and sugar in pot, add 1 lb. Island hamburger and one cake Japanese bean curd (*tofu*), cubed; stir all and cook an hour.

PORK, TARO AND COCONUT

Take $1\frac{1}{2}$ pounds of fresh pork belly, cut in $1\frac{1}{2}$ inch squares. Clean taro, add coconut and boil twice in two waters; let cook for 45 minutes; add pork and cook for $1\frac{1}{2}$ hours. Salt to taste.

HAWAIIAN CARNE CON CHILI

(Beef or Pork in Red Chili Sauce)

Vary *carne con chili* by adding 1 can of kidney beans, and instead of the red chilis called for in the recipe, either the powdered chili or already prepared red chili sauce may be used.

2 lb. Island beef or pork, cubes	1/2 cup water in which chilis
8 red chilis	were soaked
2 cloves garlic	3 tbsp. flour
1 tsp. oregano	1/4 cup oil
water	salt to taste
small pinch comino	

Cook meat in 2 cups water with salt to taste for half an hour and save water. While meat cooks, soak chilis in warm water to cover, about 20 minutes. Drain but save water. Remove seeds. Grind chilis, garlic and oregano to consistency of paste. Add 1 cup water from meat and 1/2 cup water in which chilis were soaked.

Brown flour in oil and gradually add the chili mixture; add comino and salt. Add to meat and broth and let simmer covered about 1 hour.

PIG'S HEAD, BOILED

Take half a pig's head and boil in shoyu sauce and sugar with a little water and salt for an hour. Slice and eat cold with sliced *daikon*, pickled in vinegar and sugar.

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PANCIT LUGLUG

(Filipino Noodles)

1 lb. dried rice noodles (blon)	2 hard-cooked eggs, sliced lengthwise
1/2 cup shelled shrimps	1/2 cup powdered crisp cracklings (sicheron)
1/2 cup lard	calary leaves for garnishing
1/2 cup green onions, finely sliced	1/2 cup sliced, boiled pork
4 tbsp. flour, soaked in 1/2 cup cold water	1/2 cup soy bean ceka (tokua) cut into small cubes
2 qt. boiling water or stock	1 head garlic, minced
1/2 cup smoked fish (tinapa) finely flaked	1/2 cup Chinese calary (kinchay) sliced in half inch pieces
1/4 cup echuate (lipstick plant) water (anetto seeds)	2 cups shrimp juice
12 calmans (lemon or lime)	salt and pepper to taste

Fry garlic until brown, drain and set aside. Fry pork until brown. Add the *tokua* and the shrimps. Then add 1/2 cup shrimp juice, cover and boil. Add the *kinchay* and season with salt and pepper. Set this pork-shrimp mixture aside.

Soak the *achuate* in water, squeeze out the *cocor*. Add this to the rest of the shrimp juice and put the mixture in a saucepan. Add the flour, set to boil, stirring constantly. Season with salt and pepper. This is the red sauce for the *pancit* which is called "palabok."

Boil 2 quarts of water in large container. Fill a small long-handled bamboo or deep wire skimmer with a cup of rice noodles which have been soaked in cold water for 10 minutes, then drained. Dip the skimmer into the boiling water, just for a minute and drain well. Pour the noodles into individual plates or into a large serving platter. Cover with red sauce. Top the sauce with the pork-and-shrimp mixture, then sprinkle finely flaked fish—be sure to pick off small bones—and crackling over this. Garnish with slices of eggs, celery leaves, green onion and *calamansi*. Serve hot with *patis* sauce and *calamansi* juice.

HAM HAWAIIAN

1 inch thick slice ham	1 cup pineapple juice
5 tbsp. brown sugar	6 slices pineapple
6 marshmallows	

Cover ham with cold water and let come to boiling point. Drain off water. If ham is very salty, repeat process. Sprinkle ham with brown sugar and cook until brown on both sides. Add pineapple juice, cover and allow to cook slowly about 20 minutes, when it will be tender. Uncover. Lay six small slices pineapple, which have been sauteed in hot fat, on ham, sprinkle with sugar and put a marshmallow in each hole. Place under broiler.

PEANUT PORK

Fry small bite size pieces of pork with a can of peanuts chopped fine; pour little shoyu on top while cooking, serve with chili pepper mixed in.

PANCIT GUISADO

(Sauteed Noodles)

1/2 cup boiled chicken, flaked	3 tbsp. shoyu
1/2 cup boiled shrimps, sliced in long narrow strips	2 lb. miki (wide, yellow-colored noodles)
1/2 cup boiled Island pork, sliced in long narrow strips	4 cloves garlic
1/2 cup ham, sliced in long narrow strips	1 onion, sliced
1 cup cabbage, shredded	1 cup shrimp juice
slices of lemon	1 1/2 cups chicken stock
	salt to taste
	pepper

Fry separately the garlic, onion, shrimps, pork, chicken and ham, and set aside a portion of each for garnishing the dish. To the rest add the shoyu, shrimp juice, salt and pepper and cook for about five minutes, then add the cabbage, mixing well. Simmer until almost dry. Blanch *miki* in boiling water for about two minutes and fry in lard. Then add to the mixture. Arrange on a platter and garnish with the previously set aside fried garlic, pork, chicken, shrimps, ham and slices of lemon.

KANAKA STEW

3 lb. short ribs of Island beef	1 1/2 cup fresh poi
2 large onions	1 tsp. salt
	water

Brown short ribs of beef slightly. Add water to cover. Simmer until meat is tender, about 3 hours. Then add poi, and heat. Original Hawaiian recipe did not call for tomatoes but fresh or canned tomatoes may be used.

COCONUT HAM

3 3/4-inch slices cooked ham	1/2 cup coconut, shredded
2 cooking bananas, sliced	4 tbsp. vinegar
1/2 cup brown sugar	4 tbsp. margarine

Set oven at 350° F. Grease a 9 x 9-inch baking pan, or one of suitable size. Spread ham slices on bottom of baking pan. Top with banana slices, then sprinkle with brown sugar, coconut and vinegar, and dot with margarine. Bake for 20 minutes, or until coconut is golden brown. Makes 6 servings.

PORTUGUESE PICKLED PORK

4 lb. lean Island pork	3 cloves garlic
12 chili peppers (the small Hawaiian type), halved	2 bay leaves
	cider vinegar
	salt

Place crushed garlic, peppers, bay leaves and some vinegar in large bowl. Cut pork into one inch or a little larger cubes. Salt each piece of pork then add to vinegar mixture. Pour more vinegar over pork until almost covered, let stand for about 24 hours, turning several times. Drain liquid and bake in large pan in moderate oven. Stir occasionally draining excess liquid and bake until done.

TOYAJI-KOGI WA TARK-KOGI

(Pork and Chicken)

2 lb. large tomatoes, cut in lengths	1 lb. Island pork, in 2 pieces
4 cups water	2 lb. chicken, cut in 10-12 pieces
1 1/2 cups fresh green peas, shelled	1/4 tsp. salt
2 tbsp. peanut oil	1/2 tsp. pepper
2 cloves garlic, chopped	2 tbsp. sesame seeds, ground
1 onion, sliced	pinch of chili pepper, optional
2 large white radishes or Chinese turnips, sliced thick	water or stock
	shoyu

Prepare chicken and pork. Put pieces in pot, pour boiling water over them and boil for 15 minutes. Heat peanut oil or lard in another pan and saute garlic and onion. Add radishes and tomatoes and fry in pan until they change color. Drain chicken and pork and add to tomato mixture with a little of the stock or water. Add salt, pepper, sesame seed and chili powder, if desired.

Allow all to simmer slowly, adding more stock or water if mixture becomes too dry. Add green peas to meat, which should be in a rich gravy but not in too much liquid. Allow all to heat together and serve with flaky, cooked rice. Season with shoyu.

BRAISED BEEF

(Flemish Style)

2 1/2 lb. Island beefsteak, cut in very thin slices	1 1/2 cups beer
3 lb. onions, thinly sliced	1 tsp. meat extract
	3 sprays parsley
	1 sprig thyme, 1 bay leaf

Saute beefsteaks in little hot beef fat until lightly browned on both sides. Sprinkle meat with salt and pepper and set aside. Saute onions in good fat until golden and put half of them in a heavy kettle. Place meat on top of onions and cover with remaining onions. Add beer—should just cover meat and onions—meat extract and parsley, thyme and bay leaf. Cover kettle and cook over low fire for 2 hours. Serve with boiled potatoes or rice.

HILO POT ROAST

4 to 5 lb. Island pot roast	cayenne and pepper
2 tbsp. sugar	1 onion, sliced
1 tsp. salt	1 carrot, sliced
1/2 tsp. cloves	1 1/2 cups beer
6 peppercorns	1/2 cup olive oil

Lard the pot roast of beef with strips of larding fat and put it in an enamel or earthenware bowl. Sprinkle it with sugar and salt, add cloves, peppercorns, dash of cayenne, sliced onion and carrot. Pour beer and olive oil over meat and place in refrigerator to marinate for several hours or overnight, turning it several times in the marinade.

Melt 2 tablespoons fat in heavy kettle and in it brown the meat well on all sides. Add ½ cup of the marinade, cover tightly, and cook the meat over a low flame for about 3 hours, or until the meat is tender, adding more marinade as needed.

BEEF TONGUE IN BEER SAUCE

1 beef tongue, about 4 lb.	1 tsp. sugar
bouquet garni: 1 celery stalk,	1 tbsp. each seedless raisins,
3 sprays parsley, 1 sprig	chopped blanched almonds,
thyme, 1 bay leaf	grated rind of 1 lemon
1 tbsp. butter	1 cup beer

Simmer beef tongue in water to cover, with *bouquet garni*, for about 3½ hours, or until tongue is tender. Remove skin and fat from tongue. Cut tongue into half-inch slices. In a saucepan melt butter, add sugar and cook until sugar is caramelized. Add 2 cups of the liquid in which tongue cooked and bring liquid to a boil. Add remaining ingredients. Bring sauce again to a boil, season to taste and add sliced tongue. When the slices are heated through, arrange them on a warm serving platter. Serve sauce separately.

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MEAT BALLS WITH BEER

MEAT BALLS:	SAUCE:
½ lb. sausage meat	2 tbsp. flour
½ lb. ground Island round steak	1½ cups beer
1 egg, beaten	½ cup tomato paste
1 tsp. salt	½ tsp. crushed dill seeds
¼ cup minced onion	1 cup stuffed green olives

Combine meat ball ingredients, form into small balls and saute in a skillet in hot bacon fat until they are brown on all sides. Remove meat balls and discard all but 2 tablespoons of fat in the pan. Add a crushed clove of garlic and saute until garlic is browned. Discard the garlic and stir flour into the fat. Cook, stirring, until flour is lightly brown. Add beer gradually and continue to cook, stirring constantly until sauce is smooth and thickened. Stir in tomato paste, add dill seeds and meat balls. Cover skillet and cook over low flame for 10 minutes. Add stuffed green olives, cook for 2 minutes longer. Serve with cooked noodles or boiled white rice.

HAM GLAZED WITH BEER

precooked ham	1 cup brown sugar
1 cup beer	1 tsp. dry mustard
	2 tbsp. vinegar

Put ham in roasting pan and pour beer over it. Bake in a moderate oven (350° F.) for 45 minutes, basting occasionally with beer in the pan. Combine brown sugar, dry mustard, vinegar and enough beer to make a smooth paste. Take ham from the oven and score the fat diagonally in two directions to form diamonds.

Spread glaze over the ham, stud with cloves and continue baking for 30 minutes longer or until ham is well glazed. Baste occasionally with drippings in pan.

Serve with boiled rice, baked or boiled potatoes; mixed green salad with French dressing.

KAUAI SAUSAGE GRILL

1 doz. frankfurters	2 cups beer
	onions, sliced

Take frankfurters or hot dogs—your choice—and marinate in beer overnight, or for at least three hours. Add, if you wish, slices of onions. The beer permeates the sausage and onions to give them a distinctive and delicious flavor. When you're ready to start dinner, take the sausages and onions out of the beer; put the onions aside on a separate plate and grill the sausage on an open charcoal fire. After grilling, drop the sausage into the beer again to remove the black crust. Transfer the sausages from the beer to toasted buns.

Serve with slices of marinated onion, your favorite salad, corn on the cob roasted in the coals or boiled rice.

BARBECUED SPARERIBS, WAIMEA

3 to 4 lb. Island spareribs	¾ cup catsup
1 large onion, sliced	2 tbsp. vinegar
1 lemon, slices	2 tbsp. worcestershire sauce
salt and pepper	3 drops tabasco sauce
1 bottle beer	¼ cup brown sugar

Place ribs, meaty side up, in shallow roasting pan. Arrange onions and lemon slices over meat, and season. Brown in oven (450° F.) for 30 minutes. While ribs are browning, combine beer, catsup, vinegar, worcestershire, tabasco and brown sugar in saucepan, simmer five minutes. Pour over the ribs and baste every 15 minutes in 350° F. oven for about one hour, or until ribs are tender. Serves six.

PULL KO KEE

(Korean Broiled Beef)

3 lb. Island beef, round or chuck, sliced thin	½ tsp. pepper
4 tsp. powdered sesame seed	½ cup shoyu
½ tsp. salt	½ cup oil
2 tsp. sugar	1 tsp. ajinomoto
3 stalks green onion, chopped fine	1 small clove garlic, minced

Mix together all ingredients except beef. Add meat and let stand for a few hours. If you wish to serve immediately, put meat into sauce and add about 2 tablespoons more shoyu. Remove meat from sauce and broil. Meat can be broiled in broiler, over charcoal, or in a skillet on the top of range. If in a skillet, a small amount of oil should be used.

ROAST PORK IN SHOYU

2 lb. pork	shoyu to cover
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Cut Island pork into strips. Put in pot and cover with shoyu to which a little water has been added. Cover and simmer for one hour.

SPICY FAT GRITS

2 cloves garlic, crushed	2 lb. Island pork fat, 2-inch pieces
1½ tsp. salt	½ cup cider vinegar
¾ tsp. allspice	½ cup water
¾ tsp. cinnamon	

Put fat chunks in large bowl. Add rest of ingredients and mix thoroughly. Cover and let marinate at room temperature overnight. Drain thoroughly, saving liquid, and dry between dish towels. In large kettle heat 2 tablespoons olive oil till almost smoking. Add fat chunks and stir frequently to prevent sticking. Cook over medium heat. Drain off fat as it accumulates, and save. When fat tidbits are crisp and well done add ½ cup of marinating liquid and cook till all liquid has been absorbed, stirring frequently. Delicious served with scrambled eggs or plain omelet.



Fish

LOMI SALMON

¼ lb. salted salmon	2 stalks green onion, cut in
½ onion, sliced	1 inch pieces
2 tomatoes, sliced	

Remove bones and skin from salmon and shred fish into small pieces with fingers. Add green onion, sliced onion and tomatoes. Mash mixture with a fork or *lomi* (crush) with fingers. Put 6 to 8 ice cubes in mixture and chill in refrigerator until ready to serve. Serves six.

BROILED MAHIMAH

Prepare fresh or frozen mahimahi (dolphin) in thick filets. Broil over charcoal fire. Fish cooks fast so don't cook too long. Serve with lots of lemon butter with a dash of oregano or sweet basil.

CAMARON REBOSADO

(Filipino Fried Shrimp)

15 fresh shrimps	3 tbsp. flour
4 eggs	4 calamansi (lemon or lime)
	salt

Select nice fresh shrimps about 4 inches long. Remove the shell, remove the black vein and leave the head and tail on. Salt to taste and soak in *calamansi* juice, roll in flour and drop them one by one into beaten eggs and fry in hot deep fat.

JAPANESE CHIRI

(Clear Fish Soup)

1 block tofu	piece dashi konbu (seaweed)
1 lb. fish	4 cups water

Cover *konbu* with water and bring to boil. Add cut up fish and lower heat. Add *tofu* and cook just long enough to heat *tofu*.

You may add a spoon of sauce made of 1 part lemon juice and 3 parts shoyu.

COCONUT FISH

Knock 2 inch hole in top of spoonmeat coconut and save that part for a lid. Pour out half the juice. Put in some onion, small piece of salt pork and hunks of fish without bones. Put coconut on grill so that it can stand up without spilling.

Replace lid of coconut and cook. Should be done after 30 minutes of boiling. Dip out with spoon or crack open into pan. This is a rich dish and a little goes a long way.

BAKED ONO (WAHOO) OR TUNA

3-4 lb. place of ono, tune or other large ocean fish	2 tbsp. lemon juice
1 cup mayonnaise	2 large dill pickles, chopped fine
	3 tbsp. chives, chopped

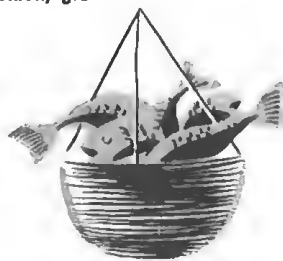
Mix these ingredients and paint the fish liberally inside and out. We use *ti* leaves in Hawaii to wrap the fish, or you may use commercial foil if you wish.

Be sure to use a generous hand in applying the tartar sauce mixture so the fish will absorb some of the fat. Bake 12 minutes to the pound in a 350° F. oven. If you like, put the foil or *ti*-wrapped fish on the barbecue grill and roast about 15 minutes to the pound. Test fish before serving to be sure that it is cooked through. This recipe is really for Hawaiian-developed tastes as we don't like our fish overdone, but cooked only until flesh is firmly set and flaky.

HAWAIIAN FISH RING

2 lb. ono, mahimahi, or other white fish	1 cup fresh cream salt and pepper
4 eggs	1 tbsp. onion, grated

Boil fish for 15 minutes and free from bones and skin. Put through meat grinder. Add seasonings and onion, cream and beaten egg yolks. Fold in stiffly beaten whites. Put in well buttered ring mold and bake ½ hour in pan of hot water. Serve with cream sauce into which chopped mushrooms and shrimps have been mixed. Flavor with a little white wine or lemon juice. Serve with rice.



BROILED FISH TOKYO

Spread *miso* paste on fish and store away in ice box for one week. Broil over charcoal.

For an extra special touch, soak the fish in shoyu, broil in butter and baste with vermouth and lemon juice.

GULAI GUISADO

(Shrimp Stew)

¾ lb. fresh shrimp	1 clove garlic
½ cup tomato, sliced	1 cup string beans, cut in ½ inch pieces
1 cup cabbage, shredded	1½ cups onions, sliced
2 cups water	
	2¼ tsp. salt

Slice onion and cabbage fine, cut tomato into 8 or 10 sections. Remove stems and strings from beans and cut them into ½-inch pieces. Pound garlic. Clean shrimp by removing shell and black vein that runs along back. Cut shrimps in two. Combine all vegetables except cabbage, add water and boil for 2 minutes. Add shrimps, cabbage and salt. Cook for several minutes until shrimps are done. Serve with hot rice. Serves 6.

FISH, ISLAND-CURRY STYLE

1 lb. fillet of mahimahi or ulua	2 tsp. salt
3 cloves garlic	dsh paprika
½ tsp. curry powder	1 bunch Chinese parsley, broken into inch sprigs
½ tsp. coriander	½ tsp. crushed cardamom

Chop fine and brown garlic in butter. Add fish and all other ingredients except parsley and mix well. Cover and cook for 5 to 10 minutes, then remove cover, add parsley and cook open until water dries.

CHINESE FRIED SHRIMP

1 cup flour	2 tbsp. fat, melted
1 cup ice water	½ tsp. salt
½ tsp. sugar	2 lb. fresh uncooked shrimp
	1 egg

Combine all ingredients, beat well. Peel shell from shrimp, leaving tail intact. Cut and slit through center back, without severing either end, remove black line. Dry shrimp thoroughly; dip in batter, holding the shrimp by the tail. Fry in deep hot fat (375°) until golden brown. Drain on paper towels. Serve with chili sauce, a dish of shoyu or some Chinese mustard.

SHRIMP A LA PINEAPPLE

1 lb. shrimp, shelled	½ tsp. salt
2 eggs, beaten lightly	½ cup flour

SWEET-SOUR SAUCE:

½ cup vinegar	½ cup sugar
2 tsp. shoyu	1 tsp. baking powder, if prepared in advance
3 pieces pineapple, cut into ½ inch pieces	1 tbsp. cornstarch
4 tbsp. pineapple juice	



Mix sauce ingredients. Allow to boil and simmer for a minute. Clean shrimp and cut open the back ridge of each shrimp and remove the black veins. Wash and drain. Add flour and salt to beaten eggs and mix well to smooth paste. Add shrimp in egg and flour mixture. Heat pan, add deep oil. When hot, fry shrimps until light brown. Remove. Drain and place in bowl. Pour sauce over shrimps. Serve immediately.

STEAMED MULLET

1½ lb. mullet	1 medium carrot, shredded
4 slices each onion, tomato and lemon	ginger root, minced
	2 tbsp. shoyu
	1 tsp. ajinomoto

Lay mullet on platter and top with slices of tomato, lemon and onion. Spread minced ginger and shredded carrot over all. Combine shoyu, salt and ajinomoto and pour over carefully. Put platter on rack in roasting pan into which you have added water about 3 inches deep. Steam 45 minutes. Serves 4.

CRAB HAWAIIAN

3 crabs, uncooked	1 cup olive oil
1 cup onion, chopped	3 cups canned tomatoes
1 cup parsley, chopped	1 small can tomato sauce
	basilica, chopped

Split and clean crabs, crack claws, but do not remove meat from shells. Put into a large kettle, add onion, parsley, olive oil, salt and pepper. Barely cover with water and simmer 20 to 30 minutes. Heat tomatoes, sauce and basilica and pour boiling hot over crab, cover and simmer 30 minutes longer. Serve heaped in soup plates with plenty of sauce.

MIXED CIOPPINO:

This can be prepared the same way as Crab Hawaiian. Just add 1 pound large shrimp and 2 pounds uncooked sea bass, rock cod or halibut cut in 2 inch pieces. A pound of well-washed clams can be added, too.

BANGUS (MULLET) EN TOCHO

bengus or mullet	2-4 tbsp. vinegar
1 cube <i>tajure</i> (red bean curd)	4 tomatoes
½ onion	2 cloves garlic, sliced crosswise
2 small pieces ginger	½ cup lard

Fry the fish until half done. Now soak the *tajure* in a little water and vinegar. Saute the garlic, onions, tomatoes, ginger, and add the *tajure* mixture. Add the fish and a little water. Boil for three minutes.

Good with boiled rice or potatoes. French fries may suit the Western palate better; with a small green salad on the side.

BROILED BANGUS (MULLET)

1 big bangus or mullet	2 tomatoes, chopped
1 onion, chopped	salt and pepper to taste

Clean the fish and, with a sharp knife, cut along the back to remove the backbone. Mix chopped onion, tomatoes and seasoning and stuff the fish with the mixture. Wrap in banana leaf and broil. Serve with *calamansi* halves.

Good with boiled rice or potatoes. French fries may suit the Western palate better; with a small green salad on the side.

ATUN EN ESCABECHE

(Pickled Tuna Fish)

5 lb. tuna fish, sliced	2 cups vinegar
2 cups oil	3 bay leaves
3 large onions, cut in rings	1 tbsp. black peppercorns
5 cloves garlic	salt

Salt slices of fish and fry until brown. Place in a crockery jar in layers. When all the fish has been fried, fry onion and garlic in same oil about 5 minutes. Add vinegar, bay leaves and whole pepper, heat to boiling and pour at once over fish. If fish is not well covered, add more vinegar. Flavor improves with time.

Good with boiled rice or potatoes. French fries may suit the Western palate better; with a small green salad on the side.

CURRIED EEL

1 to 2 eels	1 large onion
parsley	½ cup flour
1 tbsp. butter	1 scant tsp. curry

One large or two small eels are sufficient for four persons. Skin and cut the eel in pieces as long as your finger. Put into a pot of salted, boiling water, enough to cover just half the eel. This will make the stock strong. Melt the butter in a pot and brown onion and add flour and curry. Dilute with fish stock until the sauce is thick. Taste it and see if it is strong enough. If not, add more curry. Pour it over the eel and serve in a deep dish with steamed rice.

YAK-NYUM SAING-BUN

(Korean Spicy Fish)

3 lb. carp	4 large fresh mushrooms,
3 tbsp. shoyu	cut in slices, or
2 tbsp. sesame oil	2 large dried mushrooms,
2 medium onions	soaked in hot water and sliced
2 large tomatoes, chopped	1 long white radish, sliced thin
½ tsp. pepper	parsley leaves

Clean and scale carp, leaving head on. Rub carp well inside and outside with shoyu and sesame oil. Place carp on a rack in oval pan with small amount of water in bottom. Steam until fish is tender, adding more water if needed.

Before carp is done, heat sesame oil in skillet. Add onions and fry until light golden brown. Add tomatoes and mushrooms. Continue frying until a thick tomato sauce is obtained, stirring constantly to prevent burning.

Add to this shoyu and pepper. Mix sauce well, pour in a deep platter and lay carp gently on it. Arrange radish slices on fish to resemble scales of carp. Garnish platter with parsley leaves laid at intervals along back of fish. Serve with steamed rice and shoyu. A little prepared mustard in a separate saucer is often served with this dish.



SHRIMP CAULIFLOWER CASSEROLE

2 doz. shrimp, canned or frozen	3 tbsp. butter
1/2 pkg. frozen cauliflower,	2 tbsp. flour
or 1 large head	1 cup fresh milk
1/2 cup grated cheese	salt and pepper

Make cream sauce. Put cauliflower at bottom of casserole, shrimp on top, and pour on sauce. Sprinkle with grated cheese. Bake at 350° F. for 40 minutes. Serves four.

TORTAS DE CAMARON

(Mexican Shrimp Fritters)

1 can wet pack shrimps	3/4 cup dried shrimps
(save liquid)	4 eggs, separated
2 tbsp. flour	

Chop canned shrimps, add dried shrimps, and mix well. Beat whites of eggs stiff but not dry. Beat egg yolks lightly and fold into whites, then fold in the flour. Add chopped shrimp to this batter. Drop by spoonfuls into moderately hot oil or shortening about 1 1/2 inches deep and fry brown on both sides. Remove to absorbent paper to drain.

SAUCE:

3 tbsp. oil	1 clove garlic
2 tbsp. onion, minced	liquid from canned shrimps
8 oz. bottle red chili sauce	

Fry onion and garlic in the oil. Add shrimp liquid and the red chili sauce. About 5 minutes before serving, drop fritters into this sauce and heat through for a few minutes. If desired, cactus plant (*nopales*) may be used with these fritters. It can be bought canned and can be heated in the same sauce as the patties. If sauce is too hot with chili, it may be diluted with water to suit your taste.

SASHIMI (RAW FISH)

Grate fresh *daikon* (white turnip). Put thin round slices of ahi or aku on top. Serve with shoyu mixed with hot mustard or fresh grated ginger.

KATSUO NO MISO YAKI

(Tuna Broiled with Miso Sauce)

3/4 cup miso	1 tsp. ginger, grated
(fermented rice and soy beans)	1/4 cup sugar
1/4 cup seke (rice wine)	1 tbsp. shoyu
4 fillets of aku	



Combine ingredients and marinate fish several hours or overnight. Fish may be marinated several days in a covered dish in the refrigerator. Broil fish approximately 5 minutes on each side.

CHINESE MUSTARD FOR FISH

Stir 6 tablespoons boiling water into 2 tablespoons dry mustard. Add 1/2 teaspoon salt and 2 teaspoons salad oil. Add some tumeric if you want it to look more yellow. Mix with shoyu, and serve with fish, meat and vegetables.

SHRIMP TEMPURA

(Fried in Batter)

Wash and shell 1 pound of fresh shrimp (18-20 shrimps) leaving on the tails. Split shrimp down the center of the back and open flat. Remove black intestinal vein. Place shrimp cut side down on board and score to prevent curling.

BATTER:

1/2 cup flour	1/4 tsp. ajinomoto
1/2 cup cornstarch	1 egg
1/2 tsp. salt	1/2 cup water

Sift dry ingredients together. Beat egg and add water. Add to dry ingredients and mix well. For thin batter remove 1/2 cup batter; add 2 tablespoons water. The remaining portion is the thick dipping batter for shrimp. Heat fat to 375° F. Dip fingers in the thin batter and sprinkle over fat, forming lacy batter. Repeat several times. Then dip shrimp in thick dipping batter, lay carefully on lacy batter and fry until *tempura* is golden brown. Drain on paper towel and serve immediately with *tempura* sauce.

TEMPURA SAUCE:

2 cups water	1/2 tsp. salt
1/2 cup bonito flakes	1/2 tsp. sugar
(dried fish flakes)	1/4 tsp. ajinomoto
2 tsp. shoyu	1/2 cup turnip, grated
1 tbsp. green onion, chopped	

Boil bonito 3 minutes. Strain. Add seasonings and bring to boil. Cool. Before serving, add turnip and green onion.

FRIED BAKALIAU

(Codfish)

1-1½ lb. dried salt codfish	1 tbsp. vinegar
2 tbsp. olive oil or salad oil	6 cups water
2 tomatoes,	1 onion, sliced thin
cut in 1 inch wedges	2 tbsp. parsley, minced

Cut codfish in 3 pieces; wash thoroughly and boil in 3 cups water for 15 minutes. Drain water, wash codfish again and return to kettle with 3 cups fresh water. Let boil additional 20 minutes or until tender. Wash thoroughly, dry between dish towels and fry until golden brown in 2 tablespoons very hot oil. Place on platter, arrange tomato wedges on top and sprinkle onion slices, parsley and vinegar, over codfish and tomatoes. Serve with hot rolls, hot bread, boiled potatoes or rice.

CODFISH PORTUGUESE

salted codfish	2 cloves garlic
salad oil	1 can tomato sauce
2 large onions, chopped	3-4 eggs
few sprigs parsley	

Soak fish in cold water for 6 hours. Cut up and boil for 1½ hours, then drain. Heat oil, place fish in pan and turn over. Add onions, garlic, tomato sauce and a little water and simmer for 30 minutes. When ready to serve, add whipped eggs and sprinkle with parsley.

BAKALIAU

(Pickled Codfish)

1 small onion, sliced thin	¾ cup water
1 clove garlic, crushed	2 tbsp. saled oil
½ cup cider vinegar	dash of salt and pepper

Tear dry salted codfish into thin strips and wash thoroughly under running water to remove salt. Place in pint-sized jar. Add ingredients. Cover tightly and shake to blend. Keep in refrigerator.

FISH, GREEK STYLE

Wash fish, salt and pepper it, let it drain a while. Flour lightly and fry in oil. The oil must not completely cover the fish. Fry to golden color on both sides. Place on platter and squeeze one or two lemons over the fish.

CHINESE SALT FISH

Clean and cut up any salt fish and place in bowl with some chopped green ginger. Cook in a steamer or put bowl on top of cooking rice. When ready to serve, pour hot peanut oil over fish.

SUNSHINE SALAD

6 shrimps, cooked	greens (watercress or other dark
1 ripe banana for each saled	green saled vegetable)
cottage cheese	lemon juice

Peel a banana and cut in half lengthwise. Place on plate with cut surfaces up, the halves forming an oval. Sprinkle with lemon juice. Place three or four shrimps, fresh or canned, on top of each half of the banana. Fill oval center formed by banana, with cottage cheese. Garnish with watercress or other salad greens. Serve with mayonnaise.

SHARK FIN

shark fin	1 cup chicken soup stock
2 tbsp. shoyu	dash of salt
	1 tbsp. cornstarch

Soak fin overnight. Clean out all loose particles. Cover with water and boil for 2 hours, adding shoyu, soup stock, salt and cornstarch. Serve garnished with shredded chicken, already cooked, and chopped parsley for garnish.

BAKED SHRIMP AND RICE

1 cup rice, boiled	salt and pepper
1 cup cheese, grated	1 cup fresh milk
2 eggs, well beaten	1 can shrimp or
1 tbsp. lemon juice	fresh cooked shrimp

Put rice and milk in double boiler and cook until very soft. Add cheese and cook 10 minutes. Put in a baking dish and add the shrimp to which the lemon juice has been added. Add the well-beaten eggs and season to taste. Bake in moderate oven until nicely browned.

ISLAND SHRIMP SALAD

1½ lb. cooked shrimp	1 tsp. salt
1 cooked potato, diced	½ tsp. pepper
3 hard-cooked eggs, chopped	2 tsp. vinegar
1 head lettuce	12 deviled egg halves
¾ cup mayonnaise	6 slices cheese

Combine shrimp, potatoes and eggs; chill. Just before serving, toss with lettuce torn into bits and then blended with mayonnaise, salt, pepper and vinegar. Place deviled egg halves around edge of salad. Cut each slice of cheese to form 2 triangles. Spear toothpick through cheese triangle and into the deviled egg to resemble a sail boat. Serves 8.

WAIKIKI FRENCH TOAST

1 can tuna	6 slices white bread
3 tbsp. mayonnaise	1 egg
1 tsp onion, grated	1 tbsp. milk
salt and pepper	butter

Drain tuna and flake. Mix with mayonnaise, onions and seasonings. Spread on 3 slices of bread, cover with remaining bread. Beat egg, add milk, salad oil from tuna, and salt. Dip sandwich in this mixture and brown on both sides in butter. Cut diagonally. Serves 3.

BASS IN BEER

3-lb. bass	2 cups beer
4 tbsp. butter	1 tsp. salt
2 tbsp. flour	1 tbsp. brown sugar
1 tbsp. lemon juice	6 peppercorns, 2 cloves

Clean and scale bass and cut it into 3-inch slices. Melt butter in a skillet, stir in flour, and cook, stirring, for 3 minutes. Add gradually 2 cups beer and cook, stirring, until sauce is smooth and thickened. Add salt, brown sugar, peppercorns, and cloves. Add the fish slices and simmer for about 15 minutes, or until the fish flakes easily, turning the pieces once during the cooking.

Arrange the fish on a warm serving platter, stir lemon juice into the sauce, and strain the sauce over the fish.

BREWER'S SHRIMP

1 lb. shrimp	1 tbsp. flour
beer	1 tbsp. butter
rosemary, bay leaf	1/2 cup heavy cream
1 tbsp. parsley	1/2 tsp. paprika

Wash raw shrimp and put them in a saucepan with just enough beer to cover. Bring to a boil, reduce the flame to the simmering point, drop in a pinch of rosemary and 1 bay leaf, cover the pan tightly, and poach for 5 to 8 minutes. Remove the shrimp. In another pan, prepare a *roux* with flour and butter. Reduce the leftover beer by half. While this is going on, remove the shrimp from their shells and take out the dark veins along their back.

Mix the reduced beer with the *roux*, bring back to the simmering point for 2 minutes, add heavy cream and chopped parsley, bring just to the simmering point again, stirring all the time with a wooden spoon. Sprinkle with paprika.

Return the shrimp to the sauce, cover the pan tightly, and keep hot until the shrimp have soaked well in the sauce and are thoroughly hot again. Serve with rice.



Poultry

LUAU (TARO LEAVES) CHICKEN

1 roasting chicken	1 cup water
2 lb. taro leaves	1 cup coconut milk
salt and pepper	

Cut chicken in small pieces. Wash taro leaves and cut off stem and large veins. Put chicken, *luau* and water in a saucepan with a tight cover and simmer for 1 hour or more until chicken is tender. More water may have to be added during cooking, but there should not be very much liquid left when chicken is tender. Add coconut milk. Check the seasoning. Simmer for 5 minutes more and serve. Taro leaves need to be cooked at least 1 hour to avoid the "sting" they have if not cooked thoroughly.

BARBECUED CHICKEN

broilers, halved or quartered	salt
garlic, mashed	pepper
olive oil	paprika

Rub broilers with garlic, then with oil, sprinkle with salt and cook cut side down until fairly well done inside, then turn and brown the skin side. Brush often with melted butter or oil. Sprinkle with salt and pepper and paprika and dot with butter before serving.

To barbecue broilers whole, wash and dry them inside and out, rub with oil, salt, pepper and chopped fresh herbs. Let seasonings permeate meat for one hour before cooking. Spear on a revolving spit and turn until well browned and well done.

CHICKEN PORTO BELLO

1 chicken	small slice of ham
3 tbsp. olive oil	3 small carrots, sliced
1 tsp. vinegar	2 medium onions, sliced
1 onion, finely chopped	1 cup beef stock
2 tbsp. butter	1 cup sweet cider

Joint chicken and cut into pieces for serving. Saute in olive oil until well browned. Season to taste. Add butter, vinegar and chopped onion and cook chicken in it until it is about half done. Remove to casserole with ham, cut into thin pieces, sliced carrots and onions, beef stock and cider. Cover and cook until tender. Thicken sauce before serving.

CHICKEN RICE SOUP

1/4 lb. white meat of chicken	1/2 cup steamed rice
1/4 cup celery, chopped	2 tbsp. shoyu
1/4 cup onion, minced	8 cups water

Boil chicken, celery and onion in water until half done. Add rice, shoyu, salt and pepper and cook until chicken falls apart.

CHOW GAI SEE MEIN

(Fried Noodles with Shredded Chicken)

1 small chicken, fresh	3 tbsp. shoyu
3 stalks celery, chopped very fine	12 white mushrooms, sliced
6 water chestnuts	1 tbsp. cornstarch
soup stock made from chicken	1 egg
skin, bones, gizzard, liver and heart	green onion, chopped
	cooked noodles

Clean chicken and remove meat from bones. Cut meat into small pieces and fry in hot olive or peanut oil. When chicken is brown, add celery, water chestnuts and soup stock. Cook for 10 minutes then add shoyu and mushrooms. Mix cornstarch with cold water and add. Arrange hot noodles on platter and cover with chicken. Beat egg with salt and pepper and fry in greased skillet like a very thin pancake and when brown on both sides, slice thin. Cut some white chicken meat and green onion in strips and spread all over the chop suey. Serve with tea. Pork, veal, beef, lobster or shrimp chow mein can be made by simply using any of these items in place of chicken.

SHOYU CHICKEN NOODLES

1 chicken, fresh	celery
salt, pepper	1 lb. noodles

Cut up fresh chicken and cover with cold water. Add salt and pepper and bring to a boil. Allow this to simmer until chicken is tender. Remove chicken and shred meat. To the soup add celery greens, chicken heart and gizzard, chopped fine, and boil quickly. Boil one pound fine egg noodles in salted water to cover for 10 minutes. Drain and rinse in cold water three times. Cover noodles with hot soup, sprinkle with shredded chicken. Season with shoyu to taste.

DUCK SOUP

1 onion	3 stalks celery
1 gallon cold water	4 tbsp. shoyu
1 young duck	salt
4 dried orange peels	white pepper

Put onion in cold water and let come to a boil. Put in whole duck which has been cleaned. Add orange peels and celery and cook for 3 hours. Season with pepper, shoyu and salt.

This is excellent with a full-course Chinese dinner, or to lead off any meal.

CHINESE SOUP STOCK

Put fresh bones of hens for soup in cold water and cook, covered, slowly for two or three hours. It should not boil fast at any time. If you need more water, use boiling water from the kettle. Cold water spoils the flavor. Strain soup through a colander. It should be carefully skimmed of all grease. Let it cool without a cover to prevent it from turning sour. This soup stock forms the basis of many delicious Oriental dishes, as chop suey, chow mein, wun tun, etc.

CHINESE CHICKEN VEGETABLES

1 chicken	salt and pepper to taste
green ginger, chopped	celery, sliced
shoyu	Chinese squash
onions, sliced	Chinese beans

Amount of ingredients varies according to number of people served and size of chicken. Remove meat from chicken, cut into thin slices and fry in peanut oil with ginger for 15 minutes. Add a little water, shoyu, salt and pepper, celery, squash, beans and onions. Cook just a few minutes and serve piping hot.

Serve with plain boiled rice, or as part of a several-course Chinese dinner.

CHICKEN, LONG RICE

1 large stewing chicken	1 pkg. long rice
2 tbsp. butter	1 pkg. Chinese peas
4 tbsp. green pepper, chopped	2 cups strained broth from chicken
1 small can pimento	mushrooms and onions

Cut chicken for frying, dip in flour and brown. Add 2 cups of water and cook until tender. Add salt to taste. Remove meat from bones. Soak long rice in water while chicken is cooking. Melt butter, add an onion and cook until soft, add mushrooms and green pepper and cook 5 minutes. Drain long rice and add with strained broth, pimento and Chinese peas. Cook about ten minutes, add chicken and simmer ten minutes longer. Cauliflower cooked for ten minutes is also good to add on top of platter.



CHICKEN, YELLOW RICE

1 fryer	1 bay leaf
1 cup olive oil	2 tbsp. salt
1 medium onion	1 pinch saffron (or bijol)
2 cloves garlic	1 green pepper, chopped
1 cup stewed tomatoes	1 lb. white long grain rice
1½ qt. chicken stock	1 can small peas
	red pimento strips

Quarter chicken and skin it. Slice two cloves of garlic, place the slices of garlic next to the raw meat, wrap well in waxed paper and place in refrigerator. Leave it there one-half hour, remove and start to work. Fry the chicken to a delicate brown, add the tomatoes and the chicken stock, allowing it to simmer for five minutes. Then add the bay leaf and salt. Remove a cup of liquid, dissolve a pinch of saffron thoroughly in the cup and return to the main dish. Add green pepper, chopped into small pieces, and rice and stir it thoroughly. Place the mixture in a casserole and bake in a moderate oven until the rice has absorbed all the moisture. Do not stir rice. Serve with red pimento strips and peas.

PINEAPPLE DUCK

Stew one young duck for an hour. Add salt and pepper and two tablespoons of shoyu. Add one sliced pineapple, including the syrup and let cook for 30 minutes.

WHITE MUSHROOM CHICKEN

1 chicken	5 tbsp. cornstarch
10 tbsp. shoyu	1 can white mushrooms
2 tbsp. sugar	1 can mushroom soup

Clean chicken and remove bones. Cut meat into pieces, cover with seasoning made of shoyu, sugar and cornstarch. Heat mushrooms and mushroom soup. When this boils add the seasoned chicken and cook for 1½ hours. Garnish with cooked shredded ham and chopped green parsley.

FRIED DUCK

1 young duck	½ cup water
salt and pepper	small piece of ginger, shredded
6 tbsp. shoyu	4 tbsp. wine
	few green onion sprouts

Clean and disjoint duck. Salt and pepper it and fry slowly in sizzling hot peanut oil until delicate brown, turning occasionally. Mix shoyu in water with ginger, wine and onion sprouts. Pour over duck and cook over slow fire for 20 minutes longer.

FRIED PIGEON

Clean pigeons; it will require three to make one bowl. Wipe dry. Cook the birds in boiling oil. This dish tastes best when eaten with a special Chinese salt called *wai-yim*.

CHICKEN CACCIATORE

3 3½-lb. roasting chickens	2 cups tomatoes
1 large onion	1 cup green pepper,
4 tbsp. olive oil	coarsely chopped
flour, pepper, salt	chicken stock

Chop onion and brown in two tablespoons olive oil. Remove onion from pan and reserve for later use. Cut chicken into serving pieces and dredge with flour seasoned with salt and pepper. Saute chicken until well browned on all sides in the oil in which onion was browned, adding the other two tablespoons olive oil.

Add tomatoes and peppers and return the browned onion to the pan and simmer chicken and vegetables together, covered, for 15 minutes over a very low flame. Add a little chicken stock to liquid in pan. Again cover and continue to simmer for about 45 minutes, or until the chicken is tender.

CHICKEN TETRAZZINI

2 tender chickens, quartered	1 cup heavy cream
boiling, salted water	3 tbsp. sherry
1 doz. mushrooms	salt, pepper and nutmeg
3 tbsp. butter	spaghetti
2 tbsp. flour	½ cup permesan cheese

A recipe brought back to the Islands by GIs returning from the war in Italy.

Quarter chickens and cover with boiling water. Simmer gently until meat is tender. After chickens have begun to simmer, salt the water to taste. Let chickens cool in the broth and then cut the meat into fine strips. Return bones and skin to broth and heat to boiling point. Simmer until only 2 cups of broth remain. Strain and set aside.

Slice mushrooms, using both caps and stems, and saute in 3 tablespoons butter over a low flame until brown. Cook spaghetti in rapidly boiling salted water until just tender, drain, and keep warm. In a saucepan blend butter and flour. Stir in chicken broth and continue to stir until it is smooth and thickened. Stir in cream, sherry, salt, pepper and nutmeg to taste; cook over a low flame, stirring, for 10 minutes.

Mix half this sauce with the cooked mushrooms and spaghetti and pour it into a buttered baking dish. To the other half of the sauce add the strips of chicken. Combine spaghetti mixture and chicken. Sprinkle with cheese and brown lightly in a moderate oven.



GALLINA EN ESCABECHE

(Stewed Chicken)

stewing chicken, any size	1 cup white vinegar
salt and pepper to taste	3 bay leaves
6 large carrots	1 tbsp. peppercorns
3 cloves garlic	4 sprigs parsley,
4 large onions	tied together with string
1 lemon, peeled and seeded	1½ cups corn oil

Rub salt all over chicken, sprinkle pepper inside. Place garlic inside and put chicken in large stew pan. Slice carrots like thin French fries and slice onions into rings, then place in rings with lemon slices and peppercorns all around chicken with lemon and bay leaves on top of chicken.

Pour oil and vinegar slowly over all. Cover and cook slowly over very slow fire for 2 or 3 hours, depending on size of chicken.

Watch carefully and if necessary, use asbestos mat. Do not overcook chicken, it should be solid and tender. After cooking one hour, remove parsley. If carrots and onions are done before, remove carefully and place in a casserole, replacing them around chicken when serving. If all are cooked slowly enough they should be done at the same time.

ORNITTIA PILAF

(Stewed Chicken with Rice)

1 chicken, roaster or fryer	1 cup rice
2 onions, chopped	1 can solid pack tomatoes or
butter	tomato hot sauce
salt, pepper, cinnamon	

Wash chicken and cut into serving pieces. Brown in butter after salting. Add onions; when onions turn color slightly add tomatoes, a pinch of sugar and a pinch of cinnamon. Cover and cook 1 hour after you have added some water. When chicken is cooked, remove from pot and keep in warm place. Add the washed, uncooked rice to the gravy which should be at least one inch above rice. When mixture begins to boil, stir with a fork. Cover with a lid and simmer until done. The juice will be absorbed by the rice.

Serve the rice on a platter topped with the chicken.

With this serve a salad made of romaine lettuce, celery, parsley, quartered tomatoes, sliced onions, endive, fine slices of green pepper, radishes, cucumber, green onions, anchovies, ripe olives and croutons. The dressing should be a simple one: oil, vinegar and lemon juice, tossed in a bowl rubbed with plenty of garlic. Toss the salad, add salt and pepper, ajinomoto and fresh mint leaves; sprinkle on a bit of oregano. Serve with hot French bread and finish with a fruit dessert, crackers and cheese and Turkish coffee.

CHICKEN INDIAN

2 3-lb. fryer chickens	1 small can solid pack tomatoes
4 large onions, chopped fine	chopped Chinese parsley to taste
2 tbsp. coriander	1 tsp. caraway seed
¼ tsp. ground cardamom	

Brown onions in cooking oil, add chicken, cover and cook on low heat for one hour. Then add ground coriander. Stir, then increase fire to medium heat for 45 minutes more, stirring twice to check for burning. Add tomatoes and spices, sprinkle with parsley and it is ready to serve. Serves 6.

MAUI PAPRIKA CHICKEN

3½ lb. hen, cut-up	½ cup fresh milk
1 pkg. frozen limas	1 egg, beaten
1 pint sour cream	¼ tsp. powdered ginger
1 cup prepared biscuit flour	salt and pepper

paprika

Dredge hen with flour, salt, pepper and ginger. Saute in olive oil till brown. Place in buttered, deep casserole. Add lima beans. Pour sour cream over all, add paprika, cover tightly, bake 2½ hours at 350° F.

Make dumplings by mixing biscuit flour with milk and beaten egg. Drop in casserole in separate spoonfuls. Replace cover and bake ½ hour more. Serves 4.



CHINESE DUCK

1 young duck	1 cup white chestnuts
½ lb pork	1 cup chestnuts
¼ lb. ham	1 cup water chestnuts
½ cup mushrooms	

Clean duck and cut an opening below neck. Remove the meat from the bones. Chop remaining ingredients very fine and stuff duck with this chopped mixture. Place in a pan and steam for 2 hours.

CHICKEN IN WINE WITH RICE

1 stewing chicken	1 cup white wine
1 can cream of mushroom soup	garlic and ginger, minced

Cut up chicken like a fryer. Flour it and brown in olive oil. Put in baking pan, cover with mushroom soup and wine. Add minced garlic and ginger to taste and bake covered at 350° F. until meat begins to fall off the bone. Uncover and cook for 15 more minutes. Serve with rice.

CHICKEN ALMOND

2 tbsp. butter 1/2 cup canned mushrooms
 3/4 cup celery, cut in 1 inch pieces 1 tbsp. cornstarch
 1/4 cup onion, sliced 3 tbsp. shoyu
 2 cups cooked chicken, cut up 1 can chicken consommé
 1 cup unsalted toasted almonds



Melt butter in a skillet. Add celery and onion. Stir and cook 2 minutes. Add chicken and mushrooms. Heat 8 minutes more. Combine cornstarch, shoyu and consommé. Stir slowly into chicken mixture. Stir and heat carefully 5 minutes. Stir in almonds. Serve hot on rice.

CHICKEN AND PORK ADOBO (Filipino Style)

1 frying or stewing chicken pepper
 1 1/2 lb. pork 1/2 cup vinegar
 6 cloves garlic, minced 3/4 cup shoyu
 1 onion salt
 3 bay leaves 1/2 cup boiling water

Cut chicken and pork into individual pieces for serving. Mince garlic and add to meat in a bowl. Add pepper, bay leaves and onion. Pour over this the vinegar and shoyu and let marinate for 10 minutes. Place in a pan and add enough boiling water to cover. Season to taste and cook for about 25 minutes until tender. Lift the pieces out and fry pork until small amount of fat has accumulated. Then add chicken and brown on both sides.

CHICKEN IN RED WINE

stewing hen, cut up 1/2 lb. butter
 4 strips lean bacon, diced

Brown bacon lightly in butter, remove and brown chicken all over. Place with some of the fat in another casserole, cover and cook for 1 hour in a slow oven.

SAUCE:

6 onions 1/2 lb. mushrooms
 bouquet garni (parsley, thyme, salt and pepper to taste
 sweet basil and sage, 3 cups burgundy wine
 tied together in cheesecloth bag) 1 cup chicken stock
 1-2 tbsp. Madeira wine

Replace bacon bits in the original pan, add onions and brown. Add *bouquet garni*, mushrooms, salt, pepper, wine and stock. Simmer for 1 hour or until reduced one half in quantity. Stir in 1 tablespoon butter which has been mixed with 1 tablespoon flour to thicken sauce. Stir in madeira and cook for a few minutes more, pour over chicken pieces and serve.

SQUAB AND WINE

squabs pinch oregano
 1 onion per bird 2 cups sweet red wine
 1 carrot per bird 1 pkg. frozen peas

Sear birds in hot bacon grease. Put them in a deep baking dish or pan. Add onions, carrots and oregano. Chopped giblets will help the gravy. Add wine and cook uncovered at 350° F. 1 hour. Add peas and cook 10 more minutes.

CHICKEN LIVERS ON SKEWERS

12 chicken livers melted butter
 12 slices bacon cracker crumbs
 8 large mushrooms salt and pepper

Cut livers in half, bacon into cubes. On skewers string mushroom, then alternate livers and bacon cubes, end with mushroom. Sprinkle with salt and pepper, dip in butter, then in cracker crumbs and broil. Baste with butter. Serves 4.

DOVES KAHALA

1 cup brown rice 1/2 cup mushrooms, chopped
 1 1/4 cups chicken broth 1/2 cup nuts, chopped
 (home-made is best, but you can 1/2 tsp. sage
 use the canned variety) 1/2 cup onions, chopped
 doves

Place rice and broth in 2 quart pan, and allow to come to a boil. Place a tight cover on the rice, and turn the fire on the lowest "simmer" burner. Use a fairly heavy pan, and if you are not used to this Oriental method of cooking rice, it's a good idea to use an asbestos pad under your pan.

Cook over this low heat for 25 minutes. Now, turn out the fire, and let stand for 5 minutes. Chop onions, mushrooms and macadamias, walnuts, almonds or cashews. Now lift the lid from your rice, and toss lightly with a fork. Mix in onions, mushrooms, nuts and powdered sage. Add pepper and salt to suit your taste. Replace the cover of your rice pan and set aside.

Doves come in two sizes in Hawaii. The tiny Japanese dove, and the standard mourning dove variety. The little birds will hold only one good sized mushroom apiece. The larger doves will take two whole mushrooms and two small slices of onion. Salt and pepper them liberally. Put the rice in a casserole and dot generously with butter. Make "nests" for the doves, and place them breast down in the nests. Place cover on the dish, and put in oven pre-heated at 350° F. and bake for an hour.

If the rice is beginning to brown on the bottom at the end of this time, remove the doves, toss the rice lightly again, to mix the browned parts in (this gives it more of a wild rice texture) then replace doves, this time breast up, with a strip of bacon on each, and place them back in the oven uncovered for another half hour, or until they are done.

PARADISE PHEASANT

pheasants	paprika
sauterne wine	1 cup celery, chopped
seasoned flour	1 cup onions, chopped
2 cups apples, peeled and chopped	

Our Hawaiian pheasant are not corn-fed and as fat as those of the Mainland, and therefore, not so rich. But, they are as wonderful in taste as those corn-fed birds, especially fixed like this. It is always a good idea to let the bird stand in cold water for an hour before freezing. Try to freeze the birds for several days at least before using them. It seems to tenderize them and take away just a little of the too gamey taste.

Cut the pheasant in pieces before freezing it; then, directly from the freezer, do this: place frozen pheasant in sauterne wine overnight. If you prefer the taste of sherry, dilute it with half water. Dry the bird after soaking, and season with salt and pepper. Allow about a half hour for good seasoning. Dip in seasoned flour and brown lightly. Add plenty of paprika to the flour for a rich brown color. Two tablespoons isn't too much.

Remove the pieces from the frying pan, and pour two cups of the wine in which the bird has soaked into the pan. Place the cut up bird in a casserole large enough to allow each piece to lie on the bottom of the pan.



Scatter evenly over the fowl, celery, onions, apples, all chopped fine. Add wine and fat from frying pan. Cook at 350° F., tightly covered, until bird is tender. Liquid should half cover bird. You may need to add water to that amount, depending on the size of your casserole. Remember, in cooking with wine, that only the flavor remains, and the alcoholic content is evaporated. The dish will be well thickened, and quite rich.

For a really elegant dish, mix in one pint of commercial sour cream, just before serving. If you do this, remove the pieces of pheasant first, then stir in the cream. Replace the pheasant to avoid breaking, or place it on a platter, trimmed with a ring of mashed potatoes and pour part of the gravy on the meat and serve the rest as a side dish. All you will need for a complete dinner is a tossed green salad with plenty of watercress in it.

BREASTS OF CHICKEN UNDER GLASS

4 chicken breasts	1/2 cup cream
1 can mushrooms	green peas
2 thin slices of lean ham	carrots
1/2 cup sherry	asparagus tips
butter	

Cook chicken breasts slowly in butter until brown. Broil ham and cook vegetables separately. Place breasts on sizzling ham slices and keep warm. Pour mushrooms, cream and sherry into chicken pan and boil for a minute or so. Season with salt and pepper. Surround breasts with vegetables, pour sauce over all and cover with a glass bell to retain flavor and aroma. If you don't have glass bells use pyrex mixing bowls. Serves a cozy twosome.

CHICKEN LUAU (TARO LEAVES)

4 lb. chicken, disjointed and cut in small pieces	2 bunches luau (taro leaves) with fresh spinach as substitute
3 cups coconut milk	3 tsp. salt
fresh milk, scalded, may be used as substitute	

Place pieces of chicken in large kettle, cover with hot water, and add salt. Bring to boil, pour off and save liquid. Rinse chicken in warm water. Replace chicken in liquid and simmer until tender. Wash luau leaves thoroughly; remove stem and fibrous part of veins. Place in separate covered saucepan, add 1 cup water, and cook until wilted. Drain, add fresh hot water, and continue cooking.

Drain, add water again, cook until tender, and drain. Draw a knife through luau leaves or spinach to cut into small pieces. Add coconut milk. Place chicken in serving dish with 2 cups hot broth with excess fat removed. Add luau and sauce to chicken and serve hot.

CHICKEN SUKIYAKI

2 1/2 to 3 lb. uncooked chicken	3/4 cup hot water and mushroom liquid
3 tbsp. shortening	1 can mushrooms
1 large onion, sliced	1/2 to 1 lb. bean sprouts
1 can bamboo shoots, sliced	5 green onions, cut
1/2 cup sugar	1 tofu, cubed
3/4 cup soy sauce	

Cut chicken from bones and fry in the hot shortening. Add onion and bamboo shoots. Add 3 tablespoons sugar, 1/4 cup soy sauce and 1/2 cup liquid and boil gently for 5 minutes. Add mushrooms, bean sprouts and green onions.

Continue cooking, adding remaining sugar, soy sauce and liquid, a little at a time, as needed. Add tofu and allow to cook for a few minutes. Yield: 6 servings.



Vegetables

WIKI-WIKI (QUICK) VEGETABLES

Any kind of canned vegetables can be cooked in the can over a fire. It always seems to taste better for some reason. Punch a small hole in center of can to let steam out. It will always steam and run over before really cooked. So let it steam for at least 10 minutes. Then take off and open. Serve right from the can. Good for the beach and for backyard parties.

BEACH BOY'S CORN ON COB

Soak corn in salt or sea water for half hour. Put on grill, rolling over occasionally. Don't worry if husk catches on fire. Fifteen minutes over a medium fire is enough. Serve immediately with butter. Remember the longer you cook corn—the tougher.

BOESKOOL

1 small cabbage salt
potatoes

Cut cabbage and parboil it. Peel potatoes and put cabbage on top, salt to taste. Cover with water and cook till tender. Drain and mash with milk.

MISO SOUP

1/2 cup dried shrimp 2 blocks tofu, cubed
6 cups water (soy bean curd)
1 cup miso pinch salt
(fermented bean paste) 1 tsp. ajinomoto
green onions or small amount
of any other vegetables

Boil shrimp in water 15 minutes. Scoop out shrimp with tea strainer and add *miso* to the boiling water. Let come to rolling boil and add *tofu*, seasoning and cook another 5 minutes. Add vegetables and boil only 2 or 3 minutes.

For a more meaty flavor, try cooking some pork bones with the shrimp in the beginning.

KNOLLEN

1 rutabaga potatoes salt

Peel potatoes and rutabaga in small pieces, cook until tender and drain. Mash and serve with pork chops; use grease as gravy.

CHAGAI

(Rice Soup Cooked in Tea)

8 cups water 1 cup rice
2 tbsp. roasted tea

Brew tea and boil for 10 minutes. Add rice and cook for another 20 minutes.

STUFFED ABURAGE

(Fried Bean Curd)

6 aburage 3 tbsp. shoyu
(fried bean curd triangles) 3 tbsp. sugar
3/4 cup water 1/2 tsp. salt
2 tbsp. dried shrimp pinch of ajinomoto

FILLING:

6 dried mushrooms, chopped 1/2 cup green onions, minced
1 lb. ground pork 1 tsp. salt
3-inch square tofu (bean curd) 1/2 tsp. ginger, grated
pinch of ajinomoto

Place mushrooms in warm water to soak. Cut *aburage* in half, making two small triangles. To make a pocket, carefully slit center with a knife, and place *aburage* in saucepan of boiling water and simmer for 5 minutes. Drain. Combine water, dried shrimp, shoyu, sugar, salt and ajinomoto. Add drained *aburage* and simmer 30 minutes. Chop mushrooms, which have been soaked, and combine remaining filling ingredients. Cool seasoned *aburage* and fill with pork mixture. Steam 30 minutes.



CREAM OF WATERCRESS SOUP

1 cup watercress, chopped 1/4 tsp. salt
2 cups chicken broth or stock dash of pepper
4 tbsp. fat 2 cups fresh milk
4 tbsp. flour 1 tsp. parsley, chopped
1 tsp. chives, chopped

Simmer watercress in chicken broth or stock 5 to 10 minutes. Melt fat, blend in flour, salt, pepper and add watercress gradually, stirring constantly. Cook until thick and smooth. Add remaining ingredients and bring to boil. Serve at once. Serves 4.

CHINESE RICE SOUP

1 gallon water
1 cup rice
1 onion, sliced
2 pieces dried orange peel
salt to taste

Add rice to water and cook for three hours, adding onion, orange peel and salt for seasoning. Serve in deep bowls into which you have first put 1 teaspoon shoyu and 1/2 teaspoon peanut oil.

CARROT SOUP ESPAGNOLE

4 large carrots
1 large tomato, peeled
1 onion
1 clove garlic
4 cups fresh milk
whipped cream or sour cream

Cook and mash carrots until smooth. Mash tomato, fry in corn oil with chopped onion and garlic. When all is cooked add milk and simmer. Top each serving with whipped or sour cream.

RICE CAKE

1 cup boiled rice
1 cup flour
1 cup milk
2 egg yolks
1 tsp. baking powder
1/2 tsp. salt

Beat egg yolks with milk. Mix dry ingredients and stir together. Fold in stiffly beaten whites and fry on hot griddle. If not quite thick enough, add a little more rice or flour.

ISLAND FRIED RICE

1/2 cup chicken or pork,
finely diced
1 can mushrooms
1 qt. cold, cooked rice
2 tbsp. peanut or saled oil
1 1/2 tbsp. onion, finely chopped
2/3 tbsp. shoyu
1 egg, well beaten
pimento, green pepper

Fry meat lightly in oil, add mushrooms, green onion, rice and shoyu. Continue to cook over low heat 10 minutes. Add egg. Cook 5 minutes, stirring frequently. Drop bits of pimento and green pepper in bottom of custard cup or Chinese teacup, press in the hot rice and turn out on plate.

TAKUWAN

(Japanese Pickled Turnips)

1 cup cane sugar
1 cup water
1/4 cup vinegar
3 or 4 tbsp. salt
1 tsp. yellow coloring
6 turnips, peeled and sliced

Make pickling syrup of sugar, water, vinegar and salt. When cool, add color and pour over sliced turnips. Store in covered jar where it is cool and dark. Tastes better as it grows older.

KOOK-SOO

(Soup with Noodles and Meat Balls)

1 1/2 lb. Island beef
6 cups water or thin stock
3 tbsp. peanut oil
6 cloves garlic
4 large spring onions, chopped
1 large white onion, sliced
6 large tomatoes, chopped
2 tsp. pine nuts
1/4 tsp. black pepper
1/4 lb. thin Chinese noodles, boiled
2-3 tbsp. shoyu


MEAT BALLS:

1 lb. beef, pork, chicken or duck,
coarsely ground
2 tbsp. onion, finely minced
1/8 tsp. black pepper
1/4 tsp. fresh ginger, ground
1/8 tsp. powdered ginger
1/4 tsp. salt
1 tbsp. sesame seeds, ground
1 tbsp. flour or more
1 egg, well beaten
1/4 cup peanut oil
1 egg white
1/8 tsp. salt
1 tsp. water

Put beef into pot with water, cover and allow to cook. In a pan fry in oil the garlic, spring onions and white onion. Add tomatoes, pine

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nuts and pepper. Allow all to simmer in pan and then turn into the meat soup. Cover and allow to cook for 1 to 1½ hours. When meat is tender, lift out and use for some other purpose. Allow vegetables to remain in soup.

Put Chinese noodles into boiling soup and allow to cook until tender. Add shoyu and lay in the fresh meat balls. To make meat balls: Pass meat through coarse grinder. Mix with onion and add pepper, ginger, salt and sesame seeds. Beat mixture and form into balls about 1½ inches large. Roll in flour, then in well beaten egg.

Heat oil in skillet and fry balls until egg around them is quite brown. The balls must fry slowly so meat is well done. They may be eaten plain as meat balls. The white of egg, salt, and water are beaten, but not until stiff. Oil small pan and fry this mixture in very thin pancakes. Remove from pan, roll up pancakes and with sharp knife cut into thin threads. Lay the meat balls in center of soup and noodle dish and sprinkle the white of egg shreds over top. Garnish with parsley.

BEER BAKED BEANS

1 lb. pea beans	2 tbsp. molasses
½ lb. salt pork	½ cup tomato juice
¼ tsp. celery salt	½ tsp. worcestershire
¼ tsp. dry mustard	pinch cayenne pepper
1 tbsp. brown sugar	½ cup beer
1 clove garlic	1 large onion

Pick over the beans, cover with cold water and soak for 24 hours. Drain, cover with fresh water, heat slowly, keeping water below the boiling point at all times. Cook until the skins begin to burst. Test by taking a few beans on a spoon and blowing on them—if sufficiently cooked, the skins will burst. Drain beans and place in bean pot. Scald and scrape pork. Put one strip in the bottom of the bean pot and save the remainder for the top. Mash the garlic clove—mix with the brown sugar, molasses, mustard, worcestershire, celery, salt and cayenne pepper; add the tomato juice and pour over the beans. Cover bean pot and bake 8 hours—375° F. When the beans have been baking for 4 hours, add ½ cup of beer. Uncover the last hour of baking so that the rind may become brown and crisp.

PORTUGUESE VEGETABLE SOUP

soup bone	½ bunch tender kale
1 cup white beans	2 carrots
1 medium cabbage	1 yellow turnip
½ bunch watercress	1 large potato
½ can tomato sauce	

Put soup bone to boil in plenty of water. Add a little salt. In other pot, cook beans until tender. Chop cabbage, watercress and kale after washing well. Slice carrots, turnips and potatoes. Add vegetables to soup bone broth when it is sufficiently cooked and boil until vegetables are tender. Then add cooked beans and tomato sauce. Stir well, add salt to taste and boil 5 minutes; add a little more water if needed.

PORTUGUESE RED BEAN SOUP

2 cups red beans	a dash of cayenne
1 small onion, sliced	salt to taste
1 clove of garlic, cut fine	1 can tomato sauce
1 large potato, diced	2 qt. water
1 tbsp. shortening	1-2 tbsp. lemon juice
¼ tsp. pepper	small head cabbage
½ tsp. paprika	½ cup macaroni

Cook beans in plenty of water until done. Add onion, garlic, diced potatoes, salt, pepper, shortening and cook 15 minutes more. Add 2 quarts water and lemon juice. Mix and boil until vegetables are well done. A small cabbage, chopped, and macaroni may be added to beans and cooked about 15 minutes before other vegetables are added.

BEAN AND SPAGHETTI SOUP

¾ cup small white beans	1 clove garlic, minced
1 lb. soup meat or ham bone	1 tsp. salt
1 onion, sliced	1 tsp. allspice
¼ cup celery, chopped	½ can tomato sauce
2 tbsp. catsup	¾ cup spaghetti,
2 sprigs parsley, chopped	broken in 2 inch pieces

Pick over beans and soak in cold water for about 3 hours. If the fast cooking variety is used, soaking is unnecessary. Place beans and meat in pot with about 1 quart water. Cook till both are almost tender, about 1 hour.

Then in 2 tablespoons bacon dripping, fry onions, celery, parsley and garlic with tomato sauce and catsup. Add salt and spices. Cook for 10 minutes, then add to soup, together with spaghetti. Add more water if necessary, and continue cooking until spaghetti is done. Serve immediately, if possible. If left to stand too long, spaghetti will absorb liquid and soup will thicken. If possible, postpone adding spaghetti to soup until an hour before dinner time. Serve with French bread and port, pickled peppers and onions.

PORTUGUESE SAUCE

½ cup vinegar	black pepper
1 cup water	garlic to taste
1 or 2 Hawaiian peppers	salt to taste

First mash garlic and peppers. Add salt, pepper and vinegar. Then pour over meat and keep turning meat until thoroughly marinated, leave overnight. You will have better results, if you marinate longer.



OKOKO (PICKLED VEGETABLES)

To day-old bread, soaked in water, sugar and salt is added. Cabbage, *daikon* (white turnip), eggplant, cucumbers may be pickled in this brine. Vegetable is put in covered jar and as it is eaten, more stale bread and seasoning can be added to this basic vegetable pickle.

PICKLED PEPPERS AND ONIONS

3 medium onions	1 1/4 cups water
3 medium bell peppers	1/4 cup cider vinegar
2 tsp. salt	

Peel onions and cut in half, crosswise—then in thirds. Cut peppers in half, lengthwise, remove seeds and stems and cut each half in half, lengthwise, and then in thirds, crosswise. Drop pieces into quart jar, alternating onion and pepper. In pitcher or bowl, mix vinegar, water and salt and stir thoroughly until salt is dissolved. Pour over onions and peppers, cover tightly and shake vigorously for a minute. Set aside at room temperature to "cure" for three or four days or longer, depending on individual taste. Shake bottle three or four times daily to coat vegetables at top with vinegar mixture.

PICKLED CUCUMBERS

2 medium cucumbers	1/2 cup vinegar
2 tsp. salt	5 tbsp. sugar
3 tbsp., fresh ginger root, crushed	2 tsp. sesame seeds

Pare cucumbers, leaving part of green. Cut in halves. Remove seeds and slice fine. Place in bowl. Add salt and allow to stand for 5 minutes. Squeeze off excess water. Mix vinegar, sugar, crushed ginger roots and sesame in a pot and allow to boil. Then add to sliced cucumbers. Serve cold.

RED CABBAGE AND APPLE

3 lb. red cabbage, shredded	1/2 cup vinegar
4 tbsp. butter	1/2 cup brown sugar
2 tbsp. flour	1 cup apples, pared and chopped
1/2 cup water	1 tsp. salt

Shred cabbage and cook in boiling water, salted, for 15 minutes. Drain. Meanwhile, melt butter in deep pan with cover, add flour, blend well. Add water, vinegar and sugar and stir until slightly thickened. Add apple, salt and cabbage. Cover and cook over low heat for 25 minutes. Serves 6.

BOILED RICE—HAWAIIAN STYLE

Wash rice, add water to first bend in thumb above rice. Always use that mark no matter what amount of rice used. Boil hard, without cover 5 minutes. Turn to lowest possible flame, cover and steam 20 minutes.

KIMPIRA GOBO

(Japanese Relish)

Cut about a half pound of *gobo* (burdock) into 2- to 3-inch long narrow pieces and soak in plain water for a half hour. Saute *gobo* in vegetable oil 5 to 10 minutes. Then add shoyu, sugar, ajinomoto, slivers of fish, dried mushrooms or dried shrimp and a dash of tabasco sauce, if desired.

GREEN RICE

2 cups uncooked rice	4 eggs, beaten separately
2 cups parsley, chopped	2 cups cheese
2 onions	2 cups milk
1 green pepper	1/2 cup butter, melted
salt and pepper	

Cook rice. Add all other ingredients. Fold in egg whites. Bake at 350° F. for 45 minutes. Serves 10 to 12.

GOMA ZU

(Vinegar Sauce with Sesame Seeds)

1/4 cup sugar	2 tbsp. water
1 tsp. cornstarch	1/2 cup white vinegar
1/4 tsp. salt	1 tbsp. sesame seed
1/4 tsp. ajinomoto	3 cups vegetables, thinly sliced

Combine sugar, cornstarch, salt, ajinomoto, water, and vinegar in saucepan and cook until thickened. Toast sesame seeds and add to cooled vinegar mixture, crushing seeds with fingers while adding to vinegar. Add thinly sliced vegetables and chill before serving. Serves 4.

Suggested vegetables: Cucumber, radish, turnip, carrot, celery, lotus root, cabbage. Variation: 1 tablespoon of abalone or clams may be added with vegetables.

KIM CHEE

(Korean Pickled Vegetables)

1 1/2-2 lb. wong bok (celery cabbage), cut in 1 1/2 inch pieces	1/2 tsp. salt
4 cups water	1/2 tsp. fresh ginger root, finely chopped
1/2 cup salt	1 small onion
2 tsp. red pepper, finely chopped	



Wash cabbage and cut into 1 1/2 inch pieces. Add 1/2 cup salt to 4 cups water and soak for 4 hours. Wash and drain cabbage thoroughly. Add other ingredients and mix well. Press into a jar, cover and keep in cool place for 2 or 3 days to pickle. Will make 1 quart.

IMO TEMPURA

(Japanese Sweet Potatoes)

sweet potatoes	4 tbsp. sake
½ cup water	1 egg
½ cup sugar	¾ cup flour
1 tsp. salt	3 tbsp. cornstarch

Make batter of egg and little water with *sake* and salt to which flour and cornstarch have been added. Dip coated potatoes in this batter and fry in deep fat until brown, about 4 or 5 minutes. You can roll potato slices in sesame seeds before frying to make them extra special.

NISHIME

(Japanese Stew)

½ cup dried fish or pork, cut fine	2 cups water
1 gobo (burdock)	1 tsp. vinegar
1 carrot	3 tbsp. sugar
1 bunch young taro or dasheen	2 tsp. salt
1 cube tofu (bean curd)	½ cup shoyu

Soak diced *gobo* in water and vinegar. Dice carrot and dasheen which have been peeled. Cut *tofu* into 4 pieces and fry in deep oil and dice also. Put dried fish (*iriko*) or meat in pot and place vegetables in order listed. Add seasonings and cover with water. Bring to boil and steam 20 minutes.

BOILED OR STEAMED TARO

2-3 lb. taro	1 tsp. salt, if desired
boiling water	

Scrub taro thoroughly. Pour sufficient boiling water over them to half cover. Cover and boil for 1½ hours, or until tender. Cook until very soft if taro is to be used as poi. Peel cooked taro, slice, cube or mash. Taro may be served hot with butter, fried, creamed or scalloped. Or, you can cook taro in pressure cooker from 35 to 45 minutes at 15 pounds pressure. If taro is to be used for poi, large corms should be cooked for an hour. Each pound of taro yields four servings.

TARO BISCUITS

1 cup cooked taro, mashed	2 tsp. sugar
¼ cup fat	½ tsp. salt
1½ cups flour	1 egg
3 tsp. baking powder	¼ cup milk

Combine cold taro and fat. When thoroughly blended add dry ingredients, which have been sifted together. Blend ingredients with pastry blender or two knives. Add beaten egg and milk; mix thoroughly. Place dough on slightly floured board and pat it with fingers to a half inch thickness. Cut dough with lightly floured biscuit cutter. Place biscuits on lightly floured pan and bake for 15 to 20 minutes in hot oven (425° F.).

MAUNALANI BAKED SPAGHETTI

2 green peppers	1 can tomato sauce
2 big onions	1 pkg. spaghetti
1 lb. ground round	¾ lb. cheddar cheese
1 can tomato soup	ripe olives



Saute onions, meat in fat until well-done. Combine with tomato sauce and soup and pour in layers over cooked spaghetti. Cover generously with cheese and dot with olives. Bake in moderate oven. The secret is to use lots of cheese, for a really crusty top.

MAUI GREEN PEAS

¼ lb. salt pork or bacon	1 tsp. flour
2 tbsp. butter	4 cups freshly shelled peas, or
10 tiny white onions	2 pkgs. frozen peas
3 sprigs parsley	1 cup water
4 green lettuce leaves, shredded	1 tsp. salt
2 tbsp. sugar	

Parboil pork or bacon for 5 minutes in water to cover. Drain. Put butter in a saucepan, add pork or bacon and onions and cook until golden brown. Add shredded lettuce leaves and sprinkle with flour. Add peas, water, salt, sugar and parsley, bring to a boil, cover and cook 20 to 25 minutes.

FRITONG CAMOTE

(Filipino Sweet Potato Chips)

1 tbsp. confectioner's sugar	2¼ cups sweet potatoes
	(about ¾ lb.), thinly sliced

Pare and slice potatoes crosswise into very thin slices. Soak in cold water for 15 minutes, then drain thoroughly. Fry in deep fat at 350° F. until potatoes are delicate brown. Drain potatoes on absorbent paper, sprinkle with confectioner's sugar and serve—with salad or main course of meal. Makes enough for 6.



WATERCRESS SOUP

3 qt. cold water	2 bunches watercress, chopped
1 lb. pork or beef, finely sliced	

Boil ingredients together for 5 minutes. Add salt and pepper and simmer for 5 minutes. Mustard cabbage may be used instead of watercress.

EGG FOO YUNG

(Chinese Omelet)

1/2 cup finely chopped bacon, ham 1 cup bean sprouts
or any cooked meat 1/4 cup water chestnuts, sliced
1/2 cup onions, shredded 5 eggs, beaten

Mix ingredients together until a thick consistency is secured. Divide into 6 portions and pour carefully into a shallow pan of hot frying oil. When one side is brown, turn over and brown the other side. Repeat with other portions.

WUN TUN

(Chinese Ravioli)

DOUGH:

Prepare *wun tun* as you would noodles. Beat five eggs lightly. Add a pinch of salt and sift in enough flour to make a soft dough. Roll very thin, thinner than pie crust. Dredge with flour to keep from sticking. Let remain on the smooth table to dry for half an hour, then cut into three-inch squares.

FILLING:

Grind 1 pound pork or any meat, chicken or shrimp filling, with a dash of salt and a little green onion. Use this meat mixture and fill the *wun tun* squares as directed. After meat has been placed in the center of the *wun tun* square, fold dough over and twist both ends until it resembles a bowtie. Deposit each piece carefully into pot of boiling water. When *wun tun* is cooked, it will float.

FRIED WUN TUN

1 stalk celery, chopped 12 white mushrooms, sliced
1 sweet squash, chopped 1/2 lb. roast pork, thinly sliced
1 cup onion, sliced 3 tbsp. shoyu
1 green pepper, chopped 1 tbsp. cornstarch
1 cup bamboo shoots *wun tun*

Cook chopped vegetables in a hot skillet for 15 minutes. Add *wun tun*, pork and shoyu. Mix cornstarch in cold water and add. Simmer for a few minutes. Serve on a platter and garnish with bits of green onion.

INSALADANG CAMOTIS

(Filipino Stuffed Tomato Salad)

6 medium tomatoes 7 tbsp. roasted peanuts,
1 1/2 cups canned or chopped
fresh pineapple, shredded 1 tsp. salt
2 tsp. French dressing lettuce leaves

Scald tomatoes until skins begin to crack, plunge into cold water and skin. Cut slice from the top and remove seeds. Sprinkle tomatoes with salt and chill thoroughly. Combine pineapple, peanuts and French dressing and stuff tomato shells. Arrange on lettuce leaves. Serve cold.

YAK PAB

(Sweet Rice Dish)

1 cup rice 1/4 cup pine nuts, slightly toasted
1 3/4 cups water 1/2 cup dates, chopped
3 tbsp. honey 1/2 cup hazelnuts, blanched,
1 tbsp. shoyu slightly toasted and chopped

Wash rice in 4 or 5 cold waters and put on with water to cover amply. Allow to cook over very low flame in tightly covered pot until tender, dry and flaky about 30 minutes. While hot, add honey and stir, being careful not to mash rice. Add hazelnuts, mixed with pine nuts and dates, to rice mixture. Mix well and add shoyu. Serve hot with meats or fish as a side dish to the main course.

CUCUMBER SUMISO

(with Japanese Sauce)

2 medium cucumbers 1 tbsp. clam juice
3 tbsp. miso (bean paste) 2 tbsp. green onion, chopped
1/2 tsp. ajinomoto 1 can hokkigai
2 tbsp. cane sugar (boiled clams) sliced
3 tbsp. vinegar 2 tbsp. roasted peanuts, ground
or 2 tbsp. sesame seeds

Peel cucumbers and cut in half lengthwise. Remove seeds. Make *sumiso* (vinegar-miso) by combining *miso*, ajinomoto, sugar, vinegar and clam juice. Add green onions, sliced clam and peanuts or sesame seeds. Chill. Just before serving, add cucumber and mix well.

OHAGI

(Japanese Rice Cakes Red Bean Paste)

This recipe is enough for a crowd. Makes about 2 dozen balls.

Mix 1 cup rice with 2 cups *mochi* rice, boil and steam until done. While still hot mash and form into balls between hands. Cover with paste made by mashing cooked red beans (*azuki*). Eat hot or cold.

AZUKI

(Japanese Red Beans)

4 cups rice 2 tbsp. sake or brandy
1 cup red beans (*azuki*) 3 tsp. salt
1 tsp. ajinomoto

Wash red beans and cover with water. Bring to boil. When scum forms on top, remove and add cold water. Do this three or four times. Cook slowly until done. When cool, drain and keep stock. Add salt and *sake* to bean stock and bring to boil and then add rice which has been soaking and drained beans (*azuki* can be either put through sieve or just mashed leaving skins on). Steam half hour.

SHANGHAI RICE

- | | |
|----------------------------------|-----------------------|
| 1 lb. Island veal or pork, diced | 1 cup salted peanuts, |
| 2 tbsp. shortening | coarsely chopped |
| 3 cups celery, chopped | 1/8 tsp. pepper |
| 1 cup onion, minced | 1/4 cup shoyu |
| 1 1/2 cups carrots, sliced | 1/4 cup water |

Saute meat in hot fat over medium flame. Add remaining ingredients. Cover and simmer for 25 minutes.

3 cups rice 3 cups water

Wash rice and add water. Cover. Start hot fire until water begins to boil. Turn to simmer for approximately 10 to 15 minutes. Turn off and let stand 10 minutes before serving. Then combine with meat mixture, tossing lightly. Serve immediately.



CHINESE FRIED RICE

- | | |
|-------------------------|------------------------------------|
| 4 cups cooked rice | 1/2 tsp. salt |
| 1 large onion, shredded | 1/2 cup ham, shredded, or crab |
| 2 eggs, beaten | meat or leftover hamburger, or any |
| 1 tbsp. shoyu | meat left overs |
| 4 tbsp. oil | |

Heat pan and add oil. Fry onion for a minute. Add rice and saute for a minute. Add cooked left-over meat, eggs, shoyu sauce and salt. Mix well. Garnish with parsley.

CREAM OF LUAU SOUP

(Taro Leaves)

- | | |
|-----------------------------|-----------------|
| 1 1/2 cups cooked luau pulp | 4 tbsp. flour |
| (about 25 taro leaves) | 5 cups milk |
| 4 tbsp. butter or margarine | 1 3/4 tsp. salt |

Wash taro leaves. Remove stems if large and coarse; if young and tender in appearance, do not remove. Combine with water, salt and a little bacon fat or butter in saucepan, cover and simmer about 45 minutes or until there is no "sting." Water should have evaporated by the end of cooking period. If some remains, remove cover of saucepan during last 5 to 10 minutes of cooking. Press cooked leaves through sieve or chop very fine, then measure. Using fat, flour

and milk, make a sauce. Add taro leaves and seasoning and serve hot.



CHINESE BOILED RICE

Wash rice in cold water about three times. Add 1 cup water to each cup of rice. Place in pot and cover. Allow to boil until the water evaporates. (Do not stir while rice is boiling.) Allow to cook for 30 minutes over low heat.

SUSHI MESHI

(Seasoned Rice)

- | | |
|-----------------|--------------------|
| 4 cups rice | 4 tsp. salt |
| 1/4 cup vinegar | 2 tsp. ajinomoto |
| 1/4 cup sugar | 1/2 cup dry shrimp |

Shrimp should be soaked in vinegar, sugar and salt overnight. Cover dish.

Drain shrimp and save liquid. Use this vinegar liquid to pour over cooled rice and toss lightly so rice will not be gummy. This seasoned rice is used for all *sushi*.

INARI ZUSHI

(Rice Cornucopias)

- | | |
|-------------------------------|------------------------|
| 12 aburage (fried bean curd), | 1 1/4 tsp. salt |
| cut in two | 1 tbsp. sugar |
| 2 medium carrots | 3/4 cup water |
| 10 string beans | 1/2 tsp. ajinomoto |
| 1 tsp. shoyu | small shavings aburage |

Cut *aburage* triangles into two, remove and save soft inner portion. Boil *aburage* triangles in water, adding sugar, salt, shoyu and ajinomoto. Cook, covered, until tender, about 10 minutes. Drain *aburage*, saving liquid. Chop carrots and beans very fine. Cook until tender in liquid of drained *aburage*. Drain vegetables and mix with *sushi meshi*. Fill *aburage* cones.

CORN WATERCRESS SALAD

- | | |
|-------------------------|--------------------------------|
| 1 can whole-kernel corn | 1 1/2 tsp. paprika |
| 2 tsp. sugar | 1 1/2 tsp. salt |
| 3 medium tomatoes | 1/4 tsp. freshly ground pepper |
| 1/2 cup mayonnaise | 1 bunch watercress |

Drain corn, mix with sugar and set aside. Scald tomatoes and remove skins. Cut in small pieces. Drain. Mix mayonnaise and seasonings (add a little minced garlic). Pour over corn, add tomatoes and mix lightly. Chill in refrigerator. Just before serving, mix in watercress, surround with crisp lettuce. Serves 5 to 6.

MAKI ZUSHI OR NORIMAKI

(Japanese Rice Rolls)

10 sheets (1 pkg.) seaweed (nori)	1 bunch watercress
some kanpyo (dried gourd)	2 cans unagi (broiled eel)
few ounces shiitake	4 tbsp. sugar
(dried mushrooms)	1 tbsp. shoyu
3 carrots	1 tsp. salt
	1 tsp. ajinomoto

Make *sushi meshi* (see page 70).

Cook *kanpyo* until tender. Add sugar, shoyu, salt, ajinomoto and cook a bit longer. Then cut into size of seaweed sheets. Soak dried mushrooms (*shiitake*) until soft and cook in same water until tender. Add sugar, shoyu and seasoning and continue to cook until water is absorbed by mushrooms. Cut into narrow strips. Cut carrots into long strips and cook 15 minutes with some sugar and seasoning, but no shoyu. Boil watercress only 2 minutes in salted water. Drain.

TO ROLL MAKI SUSHI:

Place a sheet of *nori* on bamboo mat. Spread on it *sushi meshi* about 1/2 inch thick and 1 1/2 inches short of the *nori* edge away from you. Carefully put strips of *kanpyo*, *shiitake*, carrots, watercress and eel lengthwise on rice. Now roll it up carefully, getting the filling in the first turn of rice, or filling will be off-center when rolls are cut. Bamboo mat makes rolling easy, as if you were making a jelly roll aided by waxed paper. When rolled, press in rice at sides, then remove mat.

LIMU (SEAWEED) DELIGHT

fresh limu (seaweed)	green onions
1 lb. cottage cheese	4 tomatoes
6 fresh radishes	salt and pepper
	mayonnaise



Clean fresh *limu* thoroughly, chop very fine, salt to taste. Grate radishes and mix with creamed cottage cheese. Form into round balls. Place chopped *limu* on platter as you would lettuce. Place cottage cheese mix on top, lay slices of fresh tomatoes around and garnish with chopped green onions, salt and pepper to taste, add dash of mayonnaise if desired. Firm slices of ripe mango may be substituted for tomatoes.



Fruit

PARADISE SALAD

1/2 pint whipped cream	1 small box marshmallows, cut up
medium carton cottage cheese	1 can crushed pineapple
1 pkg. lemon jello	lemon juice

Drain pineapple, keeping part of juice to use in jello. Fix jello and put cut-up marshmallows in it while it is hot and put it in the icebox to get mushy. Beat whipping cream, when jello is cool, fold in cottage cheese and pineapple; then fold in stiffly beaten cream. Chill.

CHINESE SUGARED FRUIT

Slice green lotus, watermelon or any other fruits or vegetables, cook in water and remove and dry in the sun. To six quarts of sugar add one part water. Let this come to a boil, adding a little honey. Put the slices of fruit into the syrup, which must cover them. Stir them gently. Cover and cook 15-20 minutes. Allow to cool.

CHERRIES HALEMAUMAU

1 jar or can pitted bing cherries	2 oz. brandy
1/2 tsp. cornstarch	vanilla ice cream, frozen hard

Pour the juice from the cherries into the top pan of chafing dish and bring to a boil. Thicken with cornstarch, dissolved in cold water. Add cherries and heat through. Pour in kirsch or brandy and ignite. Serve flaming over ice cream.

KAHALA COFFEE

1 slice lemon peel	2 whole cloves
1 slice orange peel	1 cinnamon stick
4 cubes sugar	1/2 tsp. vanilla
2 cups very strong coffee	1 1/2 cups brandy

Put fruit peels, spices, sugar, vanilla and brandy in the top pan of a chafing dish and heat. Put a lump of sugar in a ladle of brandy and ignite. When the brandy is blazing, lower the ladle slowly into the pan. Pour the coffee in and blend. When blaze has burned out serve at once in small demitasse cups.

PAPAYA JULEP

Fill a tall glass half full of lemonade. Then add papaya nectar until three quarters full. Add ice cubes made of frozen papaya nectar. Garnish each glass with a sprig of mint and pineapple chunks and maraschino cherries placed alternately on skewers or straws.

MANDARIN BANANA FRITTERS

10 or 12 ripe bananas	¾ cup sugar
3 cups flour	3 eggs, well beaten
2 tbsp. baking powder	1¼ cups milk
¾ tsp. salt	2 tbsp. shortening, melted

Cut bananas in 2-inch diagonal pieces. Roll in flour. Make a batter by sifting flour, baking powder, salt and sugar together. Combine milk, eggs and shortening and add to dry ingredients. Mix smooth. Dip bananas in batter and fry in hot fat (400° F.) until golden brown. Serves 12. Serve with guava or carissa jelly and whipped cream.

PINEAPPLE-HAM SANDWICHES

Chill sliced Hawaiian pineapple. You'll need two slices for each sandwich. Prepare your favorite ham salad, using lots of crisp celery and just enough mayonnaise to moisten. Turkey or chicken salad makes a delicious filling, too. Arrange crisp, chilled lettuce or other greens on a serving platter. Place slices of pineapple on greens, spread with salad, top with a second slice of pineapple. Circle the center of the pineapple with a strip of pimento and fill with salted peanuts. Serve at once.

BARBECUED BREADFRUIT

Scrape off outside green, soak in water for ½ hour. Put on back of pit and turn until outside is charred black about ½ inch deep. Inside, fruit is nicely cooked.

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* GUAVA NECTAR	* PAPAYA-PASSION FRUIT NECTAR
* PAPAYA NECTAR	* PAPAYA-PINEAPPLE NECTAR
* PAPAYA CHUNK	* PASSION-ORANGE DRINK

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APPLE PUDDING

Slice apples as for a pie and place on large pie pan, or square 8-inch cake tin. Cover with sugar and a pinch of salt.

TOPPING:

1 cup flour	½ cup butter
1 cup brown sugar	

Use mixer to cream ingredients. Spread over apples. Bake 1 hour in slow oven. Garnish with chopped walnuts and serve with whipped cream or sour cream.

GUAVA-PINEAPPLE MARMALADE

4 cups guava shells (about 25 guavas), sliced	¾ cup lemon, thinly sliced, or ¾ tsp. lime juice
¾ tsp. fresh ginger roots, finely chopped	2 cups fresh pineapple, shredded
1 cup water	

Cut guava into halves. Remove soft inner pulp and seeds with a spoon and use this pulp for guava ice cream or sauce. Cut guava shells into ½-inch strips, cover with sugar, add water and allow to stand 3 to 4 hours. Add ginger root and lemon. Add pineapple and boil until syrup is slightly thick, but not until it gives a jelly test. Pour into hot, sterile jars and seal at once. Makes 1 to 1¼ pints.

GUAVA JELLY

Choose half-ripe, sour guava. Wash, remove blossom ends, quarter. Add 1½ cups of water to each pound of guavas. This amount of water should almost cover fruit. Boil gently for 15 to 20 minutes until fruit is very soft. Strain through a flannel jelly bag or two thicknesses of a sugar or flour sack. Do not squeeze the bag in extracting the juice. If desired, a second extraction of juice may be made from the same pulp by adding water and boiling again. For half-ripe guavas use 1 to 1½ cups of sugar to 1 cup of juice.

Don't make more than 3 cups of jelly at one time. A dark, gummy jelly will result from the long cooking necessary for too big batches.

Bring juice to boiling point. If you are making more than 2 cups, boil liquid from 5 to 10 minutes before adding sugar. Remove scum which forms on top after sugar is added. Test jelly by allowing juice to drip from a spoon; remove kettle from heat while testing. When three or four drops run together, and "sheet" off the spoon in one large drop, the jelly is done. Jelly may also be tested with a thermometer:

heat to 221° F. on a clear day to 220° F. on a rainy day.



ORANGE MARMALADE SUPREME

1 lemon, cut very fine	1 grapefruit, cut very fine
1 orange, cut very fine	9 pt. water
18 cups sugar	

Cut fruit, let stand overnight in water. Next morning boil mixture rapidly for 45 minutes and let stand overnight again. Following morning add sugar and boil 45 minutes until jellied. Pour into jar, chill and serve. Makes about 4 pints of excellent marmalade.

PAPAYA AND GINGER MARMALADE

2 lemons, thinly sliced and cut into halves	1 tsp. fresh ginger root, chopped fine
8 cups firm ripe papaya, sliced	4 cups water
4 cups sugar	

Cook lemon in 2 cups of water for 30 minutes, or until it becomes transparent. Boil the ginger, sugar and 2 cups of water together to make a syrup. Then add the syrup to the other ingredients and boil slowly for 30 minutes. Pour into hot sterile glasses and seal with paraffin.

PAPAYA PICKLE

4 cups sugar	8 cups half-ripe papaya pieces (1½ inches long and ½ inch wide)
2 cups vinegar	2 cups water
12 cloves	4 bay leaves
16 peppercorns	

Make a syrup of sugar and vinegar, add cloves, peppercorns and bay leaves. Cook papaya slices in the water for 5 minutes and add the drained fruit to the syrup. Cook the mixture 15 minutes. Pour into hot sterile jars and seal immediately.

MANGO CHUTNEY

5 lb. half ripe mangoes, sliced	2 tbsp. whole cloves
5 lb. sugar	½ lb. sultana raisins
4 small red peppers	½ lb. preserved ginger
¼ lb. garlic	1 qt. vinegar
1 tbsp. salt	

Peel mangoes and cut in slices about ¼ inch thick and 1 inch long. Bring vinegar and sugar to a boil. Add other ingredients and cook the mangoes until they are transparent. Put fruit and syrup in sterilized jars. Leftover syrup may be used to pickle pears, apricots or peaches.

POHA (GROUND CHERRY) JAM

6 lb. pahas before husking	1 cup sugar for each cup of cooked pahas
----------------------------	--

Husk, wash and cook pahas slowly for 30 minutes. Stir frequently until there is sufficient liquid to prevent fruit from scorching. Allow to stand overnight. Measure poha pulp and juice and add an equal quantity of sugar. Cook slowly for 30 minutes to an hour, stirring the mixture frequently until the juice thickens slightly when cooled. Pour into hot sterile jars and seal with paraffin.

PINEAPPLE PICKLE

12 cups pineapple sections (2 medium fruit)	4 cups sugar
2½ cups white vinegar	2 cups water
2 sticks or ¼ tsp. ground cinnamon	2 tbsp. whole cloves

Peel pineapple and cut crosswise in slices 1 inch thick. Remove core and cut into sections about 1 inch wide. Combine with vinegar, sugar and water. Tie spices in cheesecloth, add to mixture, and boil slowly 15 minutes. Add pineapple and boil gently in covered container for ½ hour or until tender. Pour into hot sterile jars and seal immediately. If pineapple is sour, add ½ cup more sugar to the syrup.

GUAVA CATSUP

5 medium onions, finely sliced	6 cups sugar
¼ cup water	5 small peppers, finely chopped
3 qt. guava pulp	1½-2 cups vinegar
2 large cloves garlic, finely sliced	4 tsp. ground allspice
1 tbsp. salt	3 tsp. cinnamon
2 tsp. cloves	

Cook onions in water until they are soft. Combine all the ingredients and cook for 30 to 40 minutes. Pour into hot sterilized jars and seal immediately.

GUAVA MILK SHERBERT

2¼ cups unsweetened guava juice	1¼ cups thin cream or evaporated milk
1⅞ cups sugar	2 egg whites
2 tbsp. lemon or 1½ tbsp. lime juice	pinch of salt

Boil 1 cup guava juice and 1 cup sugar together for 3 minutes. Cool and add remaining guava and lemon juice. Place mixture in refrigerator tray and allow it to freeze. Remove guava mixture to a chilled mixing bowl and beat with an egg beater until it is fluffy. Add the cream and fold in stiffly beaten egg whites to which salt has been added. Pour sherbert into refrigerator tray and freeze. Yields 1 to 1¼ quarts.

WAIKIKI AMBROSIA

1 ripe pineapple, pared and cored 6 to 8 oranges, pared and sectioned
lots of freshly grated coconut

Arrange pineapple and orange sections, cover with loads of coconut, all of which must be thoroughly chilled. Over that pour $\frac{1}{2}$ cup powdered sugar and a pinch of salt dissolved in fresh fruit juice.

GUAVA DELICIOUS

8 large ripe guavas $\frac{1}{2}$ cup whipping cream or
1 large ripe banana 1 cup coconut, grated
 $\frac{3}{4}$ cup sugar

Select soft, ripe guavas. Wash, peel and cut in halves. Scoop out pulp and press through coarse sieve to remove seeds. Measure pulp, approximately $\frac{3}{4}$ cup, and add sugar. Slice guava shells in $\frac{1}{3}$ -inch pieces and banana in thin pieces.

Place a layer of guava in a serving dish and cover with sliced bananas. Continue filling dish alternating layers of guava and banana until all fruit has been used. Pour pulp over top, cover dish and chill for 2 to 3 hours. Serve with whipped cream or grated coconut on top. Enough for a party of six.



MANGO SHIMMY

1 pkg. orange jello 1 cup mango, diced
 $1\frac{1}{2}$ cups orange juice 1 tbsp. sugar
 $\frac{1}{2}$ cup water 1 lemon

Sprinkle diced mango with sugar and lemon juice and simmer gently. Heat orange juice and water to boiling point. Dissolve jello in hot juice. Chill dissolved jello until slightly thick. Fold in mango. Pour into individual molds, and chill until firm. Garnish with whipped cream and maraschino cherry.

PINEAPPLE AND COCONUT DESSERT

thick slices of pineapple fresh coconuts

Open coconuts, save the milk, grate the meat. To a pound of meat allow $\frac{1}{2}$ pound sugar. Put it all in an enamel saucepan, simmer 3 hours. Skim and store in sterilized jars like any other jam, to be used when needed. Serve this very cold and very generously on thoroughly chilled pineapple. It has a haunting flavor.

BANANA TANTALUS

8 firm bananas $\frac{1}{2}$ cup guava jelly
2 tbsp. butter, melted $\frac{1}{3}$ cup orange juice
 $\frac{1}{8}$ tsp. salt

Place whole, skinned bananas in a shallow baking dish, buttered. Pour over them a mixture of the other ingredients. Bake at 400° F. for half hour, then turn each banana and bake a second half hour. You may substitute currant, tart plum or crabapple jelly for the guava jelly. This may be used with duck or roast pork, or it may be used as a dessert with or without whipped cream.

HAUPIA

(Coconut Pudding)

2 cups coconut milk $\frac{1}{3}$ cup cornstarch
1 cup cold water 2 tbsp. skim milk powder
 $\frac{1}{2}$ cup sugar pinch of salt

Heat coconut milk to boiling. Mix all dry ingredients thoroughly. Add water and stir till smooth. Add this slowly to boiling coconut milk. Cook slowly, stirring constantly, till thick. Pour into a flat square pan and let cool. Cut into two inch squares.

ICED COCONUT

Grated meat of one young coconut is added to a cup of the water of the coconut. This is served sweetened or unsweetened in tall glasses or direct from the coconut shell.

KWA-SIL-TSA

(Korean Fruit Dessert)

6 peaches, in $\frac{3}{4}$ inch dice $\frac{1}{8}$ tsp. cinnamon
6 pears, in $\frac{3}{4}$ inch dice 2 tbsp. lime juice, optional
18 cherries, pitted 2 or 3 tbsp. pine nuts
 $\frac{1}{2}$ cup sugar 2 cups cold water
6 ice cubes

Keep each fruit in separate bowl. Mix sugar with cinnamon and sprinkle over all the fruit. Allow to stand for about 1 hour. If desired, sprinkle a little lime juice over each bowl. When ready to serve, add pine nuts and pour all fruit together. Add cold water, mix well and add ice cubes to chill mixture. Serve in individual bowls. This is usually eaten with small porcelain spoons, and is accompanied by rice wafers or small almond cakes.

PALOLO PARTY PUNCH

1/2 cup sugar	1 1/2 tbsp. lemon juice
1/2 cup water	1 1/2 cups pineapple juice
1/4 cup orange juice	ginger ale
1 1/2 cups guava nectar	1 tsp. orange rind, grated

Make syrup of sugar and water. Cool and combine with fruit juices and orange rind. Chill. Just before serving combine with equal parts of chilled ginger ale. Garnish with chopped fresh pineapple and cherries or sprig of mint. Makes 1 1/2 quarts.



GUAVA NECTAR HIGHBALL

To one cube of ice, add 1 jigger of bourbon, whiskey, rum, gin or vodka (your choice of liquor), juice of one-half lemon and fill up No. 15 or 16 highball glass with guava nectar. Serve with small bar spoon in glass and a piece of lemon peel, if desired.

POI COCKTAIL

4 cups milk	sugar, nutmeg, vanilla, rum,
1/4 tsp. salt	if desired
2/3 cup poi	

Stir milk gradually into poi until a smooth mixture is obtained. Add the salt and other flavoring ingredients desired. Chill and beat mixture vigorously. Serve in a drinking glass partially filled with cracked ice. Makes 6 servings.

ROYAL ISLAND SURPRISE

1 cup papaya nectar	3/4 cup cottage cheese
3 tbsp. lime juice	2 cups watermelon balls
1 tbsp. gelatin	lettuce, shredded
	mayonnaise

Add strained lime juice to papaya nectar. Soak gelatin in 1/4 cup of the mixture for five minutes, and dissolve in the remainder of the juice which has been brought to a boiling point. Fill four salad molds half full and place in refrigerator. When partially thickened, drop a heaping tablespoon of creamed cottage cheese in the center of each mold. Fill molds with remainder of partially thickened papaya mixture.

Just before serving, unmold on a bed of shredded lettuce. Surround molds with red watermelon balls. Top each with 1/2 teaspoon cottage cheese for garnish. Serve with mayonnaise, whipped with an equal amount of creamed cottage cheese until fluffy. The red and gold colors of this beautiful salad are the colors of Hawaiian royalty. Serves four.



Desserts

BANANA BREAD

1/2 cup shortening	1/2 tsp. salt
1 cup sugar	2 cups flour, sifted
2 eggs	1 tsp. baking soda
3 or 4 ripe bananas, mashed	1/4 cup nuts

Cream shortening and sugar, add beaten eggs and flour, sifted with soda and salt. Next add nuts and mashed bananas. Pour into greased loaf pan and bake at 350° F. for 1 hour.

PINEAPPLE NUT BREAD

4 eggs	2 tbsp. baking powder
2/3 cup sugar	2 tsp. salt
2/3 cup fat, melted	1 1/2 cups nuts, chopped
4 cups flour	2 cups pineapple, crushed

Beat eggs and sugar together. Stir in melted fat. Add sifted flour, baking powder and salt and blend. Add nuts and pineapple (do not drain) and stir just enough to combine. Pour batter into 2 loaf pans. Bake at 350° F. for 1 hour.

MANGO BROWN BETTY

2 cups half-ripe mango slices,	2/3 cup bread crumbs
packed hard in measuring cup	3/4 cup brown sugar
3 tbsp. butter	1 tsp. cinnamon
3 tbsp. water	

Melt butter and add bread crumbs. Place a layer of the buttered bread crumbs in an oiled baking dish and add a layer of mango. Sprinkle the fruit with sugar and cinnamon and add another layer of crumbs, then of mangoes. Place crumbs on top. Bake in moderate oven 350° F. about 1 hour, or until mangoes are soft.

CHINESE ALMOND COOKIES

3 cups flour	1 cup sugar
1 cup shortening	¼ tsp. salt
1 tsp. baking soda	1 egg
2 tsp. almond extract	

Cut shortening into dry ingredients. Add beaten egg and almond extract. Mix and knead until soft. Form into little balls, flatten with hand into cookies about the size of a quarter, place on baking sheet. Make a dent in the center of each cookie and place an almond on it. If almonds are not available, color dent with red vegetable coloring. Bake at 350° F. for 10 to 15 minutes.

CHINESE CANDY

7½ cups puffed rice	1½ cups sugar
½ cup peanuts	¼ lb. butter

Melt butter in large pot, add sugar and stir to avoid burning. Let cook until sugar and butter turn into syrup form, oil begins to separate and sugar is thoroughly dissolved. Add rice and peanuts at once. Mix thoroughly. Pour into flat cake pans and flatten. Cut when still warm.

PAO DOCE

(Portuguese Sweetbread)

2 lb. flour	2 yeast cakes
6 eggs	2 cups warm fresh milk
½ lb. butter	1 cup potatoes,
2 cups sugar	cooked and mashed
	pinch of salt

Dissolve yeast cakes in small amount of warm milk, then mix with mashed potato. Combine with other ingredients and knead. Cover pan with heavy cloth and set in warm place to rise until double in bulk. Pinch off in sections, shape and put in either round or loaf pans. Cook at 375° F. for 45 minutes or until done. Before baking, brush loaves with egg whites or milk.

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MALASADAS

(Portuguese Doughnuts)

8 eggs	1 pt. milk
1 cup sugar	4 cups flour
1 tsp. salt	2 yeast cakes

Sift flour, salt and sugar. Place yeast in 1 cup of warm milk and blend well. Pour this mixture into bowl with about 2½ cups of dry ingredients, stirring. Gradually add the second cup of milk and rest of flour. When thoroughly mixed, cover bowl and let rise.

When dough has risen sufficiently and appears light in texture drop by tablespoon into hot fat and fry until golden brown. Pour warm honey over doughnuts and serve immediately. For smaller portions, use half the recipe.

KANTEN (GELATIN)

2 sticks white kanten (gelatin)	1 pinch salt
4 cups water	¼ tsp. ajinomoto
1 cup sugar	few drops red or green coloring



Wash *kanten*, break it into small pieces and soak in water for a half hour. Add sugar, seasoning, and cook until sugar is dissolved, add coloring. Remove from fire and strain into 8-inch square cake pan. When it congeals, cut into oblong strips or slices.

Variations: Pineapple or lemon juice may be substituted for part of water. Add fresh or canned fruit.

WAIKIKI CREPES SUZETTES

CREPES:

¾ cup flour	2 eggs
1 tbsp. sugar	1¾ cups milk
pinch of salt	2 tbsp. butter, melted
	1 tbsp. rum

Sift flour, sugar and salt together. Beat eggs, add with milk to dry ingredients and stir until smooth. Add butter and rum and let batter stand for at least 2 hours before cooking.

SAUCE:

4 tbsp. sugar	few drops of lemon juice
5 tbsp. butter	½ cup curacao, cointreau or
orange peel, grated	benedictine
juice of 1 orange	½ cup brandy

Cream sugar and 3 tablespoons butter together and mix in grated orange peel. Put the rest of the butter in chafing dish or flat pan and melt. Add orange and lemon juice and liqueur. When this comes to a boil add the sugar-butter mixture.

Make the crepes on a griddle; they should be paper-thin. Roll or fold and place them in the sauce, spooning it over them generously. Add brandy and ignite. Serve while still flaming. Turn out the lights for a dramatic effect.

LECHE FLAN

(Filipino Custard Dessert)

8 egg yolks	2 cups milk
1 cup sugar	lemon rind or vanilla

Scald milk in a double boiler for 15 minutes. Beat egg yolks with sugar and milk and flavor with lemon rind or vanilla. Pour into mold lined with caramelized sugar. Place this in a bigger pan half-filled with water and bake in a moderate oven until the mixture becomes firm. Chill before removing from mold.

CHOCOLATE POI ICE CREAM

¾ cup sugar	¼ tsp. salt
2 tsp. cornstarch	1 cup milk
4 tbsp. ground sweet chocolate or cocoa	1 egg, separated
	1 tsp. vanilla
¾ cup thin poi	

Combine sugar, cornstarch, salt, chocolate or cocoa and milk in top part of double boiler. Cook over direct heat until thickened, then over hot water for 10 minutes. Add slightly beaten egg yolk and cook 3 minutes longer. Cool and add vanilla, poi and egg white. Freeze in rotary freezer, using 8 parts of ice to 1 part salt. Will yield 4 to 5 servings.



BIBINGKA ESPECIAL

(Filipino Pudding)

1 cup thick galapong (rice)	2 tbsp. butter, melted
½ cup sugar	1 cup coconut milk
2 tsp. baking powder	3 eggs, well beaten

TOPPING:

4 tbsp. sugar	3 tbsp. cheese, grated
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To make *galapong*, soak rice in equal amount of water and grind in mortar and let stand until the next day.

Add sugar to the *galapong*. Add baking powder, melted butter and the well beaten eggs and coconut milk. Mix well and pour a thin layer of this batter into hot earthenware baking dishes or molds, lined with banana leaf which has been passed over an open flame. Cover each baking dish with a galvanized iron sheet with live embers on it.

When almost cooked spread the grated cheese and sugar on top of each cake and cover again. Continue baking until brown; brush top with melted butter and serve hot with grated coconut.

PINEAPPLE-DATE BARS

½ cup soft butter	1 egg
¾ cup brown sugar, firmly packed	½ tsp. baking soda
½ cup granulated sugar	1 cup dates, cut fine
1½ cups crushed pineapple, drained	½ cup walnuts, broken
	2 cups all-purpose flour, sifted
	1 tsp. salt

Cream butter; gradually add both types sugar and egg. Blend well. Stir soda into drained, crushed pineapple. Add pineapple-soda mixture, dates, nuts and flour, which has been sifted together with salt. Mix thoroughly. Spread in a greased 8 x 12 x 2-inch pan and bake at 350° F. for 30 to 35 minutes. Cut into bars while still warm. Makes 8 dozen finger-length bars. Or drop from a teaspoon onto greased cookie sheets. Bake 20 to 25 minutes at 350° F. Makes 4 to 5 dozen drop cookies.

MANGO UPSIDE-DOWN CAKE

2 cups ripe mangoes, sliced	¾ cup sugar
2 tbsp. lemon juice	1 egg
1 tbsp. butter	½ cup milk
⅓ cup brown sugar	1¼ cups flour
¼ cup fat	2 tsp. baking powder
	¼ tsp. salt

Pour lemon juice over mangoes and allow to stand 15 minutes. Melt butter in 8-inch pan or casserole. Add brown sugar and cover with a layer of mango slices. To prepare the cake batter: cream the fat, add sugar and cream together, then add beaten egg. Sift dry ingredients and add alternately with milk. Pour over mangoes and bake 50 to 60 minutes at 375° F.

When cake is done turn it out upside-down and serve while still warm. Serve with whipped cream or a lemon or lime sauce.

WAIKIKI DEVIL'S FOOD CAKE

2 squares chocolate	salt
boiling water	1 egg, beaten
1 cup sugar	½ cup sour cream
1 tbsp. butter, creamed	1 tsp. soda
vanilla	1 cup cake flour
	½ tsp. baking powder

Put chocolate in cup and fill with boiling water. Add sugar, creamed butter, beaten egg, sour cream mixed with soda, flour mixed with baking powder. Add vanilla and salt. Add chocolate mixture last. Bake at 325° F. for 45 minutes. Frost with chocolate peppermint icing.

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ALOHA BEER CAKE

1 1/2 cups beer	1 tsp. cinnamon
1 cup molasses	3 tsp. baking powder
1/2 cup butter	1/4 tsp. baking soda
1 1/2 cups seeded raisins	1/4 tsp. nutmeg
3 cups cake flour, sifted	1/4 tsp. clove
1 tsp. salt	1/2 cup nuts, chopped

In a saucepan combine beer, molasses and butter. Bring beer to boil stirring until butter is melted. Add raisins and cool. Sift together all the rest of the ingredients except chopped nuts. Sift dry ingredients gradually into beer mixture. Stir in nuts and turn batter into large round tube pan, buttered and lined with waxed paper. Bake in moderate oven 350° F. for about 1 hour, or until cake tests done.

GUAVA CHIFFON PIE

1 tbsp. gelatin	3-4 tbsp. lemon or lime juice
1/4 cup water	1/4 cup guava juice
1 cup sugar	1/8 tsp. salt
3/4 cup unsweetened guava pulp, strained	baked 9-inch pie shell
4 eggs, separated	1/2 cup unsweetened whipped cream

Soak gelatin in water, then place over hot water until it melts. Combine 1/2 cup of the sugar, guava pulp and egg yolks. Beat until well mixed. Cook over hot water stirring constantly until it thickens. Add gelatin, remove from heat and stir until thoroughly combined. Cool and add fruit juice. When guava mixture begins to congeal, beat egg whites and salt until stiff. Add 1/2 cup sugar and beat until the mixture is glossy.

Gently fold guava mixture into beaten egg whites, pour into pie shell, and place in refrigerator to chill. Before serving, the filling may be spread with whipped cream sweetened to taste.

BEER SPICE CAKE

1/2 cup butter	1 tsp. cinnamon
1 cup brown sugar	1 tsp. allspice
1 egg, lightly beaten	1/4 tsp. baking soda
1 1/2 cups flour, sifted	1/4 tsp. salt
1 tsp. baking powder	1 cup nuts, chopped
1 tsp. cloves	1 cup dates, chopped
1 cup beer	

Cream together butter and brown sugar until mixture is light and fluffy. Stir in egg. Sift together flour, spices, baking soda and salt. Then sift dry ingredients over chopped nuts and dates and add this mixture to butter mixture alternately with beer. Turn batter into buttered loaf pan. Bake in moderate oven 375° F. for 30 minutes. Or turn batter into muffin tins and bake for 20 minutes.

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DOUGHNUTS HAWAII

Slice 6 plain doughnuts in crosswise halves and spread each with $\frac{1}{2}$ teaspoon butter. Combine 2 tablespoons brown sugar and 1 tablespoon grated orange rind. Sprinkle a teaspoon of sugar mixture and place a pineapple slice between halves of each doughnut. Heat at 400° F. for 10 minutes.

COCONUT ORANGE PUDDING

2 cups milk	$\frac{1}{8}$ tsp. salt
1 cup dry bread crumbs	grated rind of 2 oranges
2 tbsp. butter	$1\frac{1}{4}$ cups fresh grated coconut
2 egg yolks	2 egg whites
$\frac{1}{3}$ cup sugar	$\frac{1}{3}$ cup powdered sugar

Scald milk; add bread crumbs and butter. Let mixture stand for 30 minutes. Beat egg yolks, add sugar, salt, and half of the grated orange rind. Add to crumb mixture. Fold in $\frac{3}{4}$ cup of the coconut; place in oiled custard cups and bake at 300° F. for 40 minutes or until firm. Make a meringue of the egg whites and powdered sugar. Add remaining orange rind and spread on top of pudding. Sprinkle with remaining coconut and bake 20 minutes longer or until coconut is slightly browned. Yield: 6 servings.

COCONUT UPSIDE DOWN CAKE

$\frac{1}{3}$ cup butter or margarine	$\frac{1}{2}$ cup brown sugar
$1\frac{1}{2}$ cups fresh grated coconut	

Melt butter and brown sugar in an 8" round cake pan. Place and pat coconut over the sugar and butter mixture. Combine the following ingredients:

$\frac{1}{4}$ cup shortening	$1\frac{1}{4}$ tsp. baking powder
$\frac{1}{2}$ cup sugar	$\frac{1}{8}$ tsp. salt
1 egg	$\frac{1}{3}$ cup milk
1 cup cake flour	$\frac{1}{2}$ tsp. vanilla

Cream shortening and sugar. Add egg and beat thoroughly. Sift together flour, baking powder, and salt and add alternately with combined milk and vanilla to the creamed mixture. Pour over the coconut mixture and bake at 375° F. for 35 to 40 minutes. Serve with whipped cream. Yield: One 8" cake.



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